

THE MEANS OF GRACE

HOW TO RECEIVE THIS SACRAMENT WORTHILY

DEVOTION

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Who receives this sacrament worthily?

Fasting and bodily preparation are certainly fine outward training. But that person is truly worthy and well prepared who has faith in these words: "Given and shed for you for the forgiveness of sins." But anyone who does not believe these words or doubts them is unworthy and unprepared, for the words "for you" require all hearts to believe.

Whoever, therefore, eats the bread or drinks the cup of the Lord in an unworthy manner will be guilty concerning the body and blood of the Lord. Let a person examine himself, then, and so eat of the bread and drink of the cup. For anyone who eats and drinks without discerning the body eats and drinks judgment on himself. (1 Corinthians 11:27–29)

FOR SHARING

1. A woman nervously approached her pastor before the service. "I can't take communion, Pastor. My faith is so weak. I'm not worthy." What would you say to her?
2. What is required of all who receive the Lord Supper?
3. Complete the following sentences: "As we examine ourselves, we ask whether we are _____ for our sins. We _____ in our Savior Jesus Christ and in His words in the Sacrament. We _____, with the help of the Holy Spirit, to change our sinful lives."
4. When is private confession with the pastor especially helpful in preparation to receiving the Lord's Supper?
5. Tell of a time when you most desired to receive the Lord's Supper.

PRAYER

Merciful Lord, I am not worthy of Your love and forgiveness. I have sinned. At times my faith is weak. But I know I belong to You and You forgive me. Strengthen me, and help me to find a new beginning in You. In Jesus' name I pray. Amen.