

3. **Salvation: Am I trusting in Jesus alone for heaven?**  
(Faith + works are **not** the way to heaven – see this brochure: [Why Is Faith in Jesus the Ticket to Heaven](#)).
4. **Supper: Do I believe the supper is bread & body and wine & blood for the forgiveness of sins?** (The Bible is clear, see [Mt. 26:26-28](#); [1Co. 10:16](#); [11:27-32](#).)
5. **Unity: Do I agree with the contents of Luther's Small Catechism?** (Why? The Lord's Supper is a meal of unity – with God by believing His word and with others by our common confession.)

Note: If you could **not** answer “Yes” to all five questions, you are not yet ready to receive. Ask the pastor, *he is glad to help you!*

**Be Careful: 11:29** For the one who eats and drinks, eats and drinks **judgment** [*διακρίνων – dia-kri-none*] to himself if he does not properly recognize the body. // The King James Version has “**damnation**” – *which is a poor translation.*

- **What is the meaning of judgment?** It's **not** a decision **but** a sentence of judgment. It's **not** damnation **but**, without repentance, it will lead to damnation.
- **What does it mean to recognize the body?** It “means to perceive that in the Sacrament that the

body is really present and received” (Lenski).

**Possible Consequences: 11:30** For this reason [that is, *unworthy reception*] many among you are **weak** and **sick**, and a number are **asleep**.

- **Note the progression:** ➔weak ➔sick ➔dead. Those consequences are **temporal**, *not eternal*. **What is the remedy? Genuine repentance!**
- **In the NT:** When sleep is physical death, *it's pointing to resurrection and life!*
- **Lenski:** “The body and the blood do **not** act as a poison which makes an unworthy communicant sick or kills him. It is the sin of communing unworthily which... [causes] the penalty...”

**Let Us Judge Ourselves: 11:31** But if we **judged** [active] ourselves rightly, we would **not be judged** [passive] [by the Lord].

**Good News: 11:32** But when we are judged, we are disciplined by the Lord so that we will **not** be condemned along with the world.

- **For unbelievers**, “...the judgments... in this life are advance indications of [God's] final... wrath” (Lenski). So, please repent!
- **For believers**, the judgment is discipline, so, *let us quickly and gladly repent!*

## Summary of LCMS Teaching

- **Real Presence:** Christ's body and blood are truly present in the Supper.
- **Weakness, Illness, and Physical Death:** They can occur when the real presence is rejected.
- **Eternal Damnation:** It will occur when a person continues in unrepentance.
- **Therefore:** The Sacrament should be received in repentance and faith, and with proper understanding.

**Let Us Pray:** Dear Lord Jesus, TYSM for Your finished work for our salvation! Dear Holy Spirit, please help us to ✨faithfully gather to receive the supper and ✨rightly examine ourselves in preparation – *so that we are sure of God's forgiveness!*

For more – read or request the following:

- Brochure: [The Lord's Supper](#)
- Brochure: [The Lord's Supper – 4 Questions and 20 Questions](#)
- “A Simple Explanation of Christianity”
- “Luther's Small Catechism with Explanation”

## Connect With Us

**Website:** [www.BLC7500.com](http://www.BLC7500.com)

**YouTube and Podcast:** “Benefit from the Bible”

**Facebook:** “Bethlehem Parma”

**Saturdays:** Class 3:00; Service 4:00

**Sundays:** Service 9:00; Classes 10:30

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(Written: 4-26)

# How to Benefit from the Lord's Supper

## Introduction

Dear friend: We are very blessed to be **repentant believers!** By the work of the Holy Spirit, *through God's word of Law and Gospel*, we are:

- ➔ Sorry for our sins!
- ➔ Turning from our sins!
- ➔ Trusting in Jesus for the forgiveness of our sins!

Nevertheless, we **keep** falling into sin and **keep** needing the assurance of God's forgiveness. So, we are called to ✨gather each week, ✨confess our sins, and ✨be assured of God's forgiveness through our proper reception of the Lord's Supper.

Beliefs and practices about the Lord's Supper vary widely among churches today. What beliefs and practices are correct? Those taught in the Bible!

Therefore, this brochure includes these topics:

- The Words of Institution
- Proclaiming Jesus' Death
- Benefitting from the Supper
- A Summary of LCMS Teaching on the Lord's Supper

## The Words of Institution

(similar words are found in Mt, Mk, and Lk)

**1 Corinthians 11:23-25** For I [Paul] received from the Lord [Jesus] that which I also delivered to you, that the Lord Jesus, on the night when He was betrayed, took bread; <sup>24</sup> and when He had given thanks, He broke it [for the purpose of distributing it] and said, "This is **My body**, which is for you; do this in remembrance of Me." <sup>25</sup> In the same way He also took the cup [the wine] after supper, saying, "This cup [wine] is the **new covenant in My blood**; do this, as often as you drink it, in remembrance of Me."

**The Contents of the Supper:** The words of institution identify Jesus' **body and blood**. Then, with further study, we learn that along with the body and blood, we are also receiving **bread and wine**:

- **1 Corinthians 10:16:** "Is **the cup [wine]** of blessing which we bless not a **sharing in the blood of Christ?** Is the **bread** which we break not a **sharing in the body of Christ?**"

- **All four elements are received:** The bread and wine do **not become** the body and blood; **instead**, they *share* in the body and blood. For a more detailed explanation, see "[The Lord's Supper](#)" brochure.

### Old Covenant – New Covenant:

- **Old Covenant: Promise and shadow:** The promise of the Messiah and various shadows of His coming, for example, the weekly Sabbath Day and the sacrificial system.  
**Hebrews 10:1** "...the Law... can **never**... make those who approach **perfect**." // So, we all need Jesus!
- **New Covenant: Fulfillment in Christ:** He lived in our place and died for our sins. **He did for us what we could never do for ourselves!** Through Him God is offering us **✦ forgiveness**, **✦ spiritual life**, and **✦ eternal life!** **Hebrews 10:14** [But] "how much more will the blood of Christ [in comparison to the blood of animals]... **cleanse your conscience from dead works to serve the living God?**"

## Proclaiming Jesus' Death

**11:26** For as often as **you [plural, y'all]** eat this bread and drink the cup, **you [plural, y'all]** **proclaim the Lord's death until He comes**. // What is **OUR** public proclamation?

1. **Past** – Jesus lived in our place and died for our sins!
2. **Present** – We are forgiven through Jesus' work!
3. **Future** – Jesus' return is scheduled ([Acts 17:30-31](#)) and certain!

## Benefitting from the Supper

### Avoid Unworthy Reception: **11:27**

Therefore whoever eats the bread or drinks the cup of the Lord **in an unworthy way, shall be guilty of the body and the blood of the Lord** [that is, a very serious offense against Christ Himself].

- **What is unworthy reception?** It's being **improper** or **careless** – such as **not** being repentant or **not** understanding the contents. Imagine a balance-type scale:  
**"The side... which holds the sacrament drops down because of its weight while the side that holds the communicant's attitude rises upward because of its lack of weight"** (Lenski).
- **What does it mean to be guilty of the body and blood?** When an **unworthy person** receives, he is



**transgressing [sinning]** against the body and the blood.

- **How is transgression possible?** Because the body and the blood are present, along with the bread and the wine.
- **How are the body and the blood present? Not** because of our faith, **but by the power of God through the words of institution.**

**Examine Yourself: 11:28** **But a person must examine himself**, and in so doing he is to eat of the bread and drink of the cup.

- **What does it mean to examine?** To **evaluate / discern / inspect**. Think about a coin: Is the metal genuine, the weight proper? "**The communicant is to test himself as to his fitness for the Sacrament. He alone can do that**" (Lenski).
- **What questions should we use to examine ourselves?** These five:
  1. **Bible: Do I believe the Bible is true?** (If not, read this brochure: [The Bible Is True](#) to learn the important evidence!)
  2. **Repentance: Do I desire to turn from my sins?** (Repentance is contrition, that is, godly sorrow, and faith – *both are necessary for salvation and for receiving the supper!* If you are aware of your sins but **unwilling** to turn from them, then you are **not** yet ready to receive in a worthy manner. Pastor can help you.)