

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.

### Learn More about the Lord's Supper:

- **Brochure:** Lord's Supper – [Overview](#)
- **Brochure:** Lord's Supper – [Q & A](#)
- **Booklet:** [A Simple Explanation of Christianity](#), which includes the contents of Luther's Small Catechism.
- **Book:** [Luther's Small Catechism with Explanation](#) (much info in explanation)
- **Contact the Pastor:** With your questions or concerns.
- **Course:** Ask about our Bible Basics Course.

Scripture: New American Standard Bible, 2020 Version

## 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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# Lord's Supper How to Benefit

## 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!
- ➔ Trusting in Jesus for the forgiveness of our sins!
- ➔ Aligning our daily lives with God's Holy Word!

**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. So, what beliefs and practices are correct? **Those taught in the Bible!** Jesus prayed: “**Your word is truth**” (John 17:17).

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

We combine these words: Mt 26:26-28; Mk 14:22-24; Lk 22:19-20; 1Co 11:23-25

**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.)