

20 Questions for Confirmation

Q.6 Yikes! We eat Jesus' body and drink his blood? Isn't that weird? What does the Lord's Supper do and mean for my faith?

By Victoria Hoppes

What is the Lord's Supper? The Lord's Supper, also known as Holy Communion or the Eucharist, is one of the sacraments of the Lutheran faith. How people take Communion varies from congregation to congregation, but regardless of how we take it, Communion is a way for us to remember and receive God's promises to us—and we receive these promises in community with one another. How do you participate in the sacrament of Holy Communion? Talk about Holy Communion practices in your congregation or faith community.

Introduce the Question: Yikes! We eat Jesus' body and drink his blood? Isn't that weird? What does the Lord's Supper do and mean for my faith?

Video: Michael's Cunning Dinner Party Plan:

<https://www.youtube.com/watch?v=LNVUKLK00kI>

Video Response: At the end of the video, how does Dwight respond after not receiving an invitation to Michael's dinner party? Have you ever not received an invitation to participate in a party or other fun gathering? How did it feel?

Something to think about: We may think about the Lord's Supper as a meal, but it's so much more than that! Our Lutheran faith teaches that the bread and wine (or grape juice) aren't *literally* the body and blood of Christ. Instead, the bread and wine (or grape juice) are earthy elements in which Jesus is present, and all are welcome to receive the gift of God's grace. When we take communion, we are reminded that the promises of forgiveness, life, and salvation found in the Lord's Supper are for *all of us*. All are invited to receive the gifts of God's promises at the table.

Response: How does it feel know that God invites *you* to receive the promises of forgiveness, life, and salvation? Do you feel welcome in the body of Christ when taking communion? Why or why not?

What does Scripture say? We celebrate the Lord's Supper and remember Jesus as a community... together! Check this out:

- We take communion because Jesus commanded us to. (Luke 22:19)
- The body of Christ is made up of many members, all unique yet still one. (1 Corinthians 12:14-20)
- We follow the example of the early Christian church by gathering in community to worship and partake in the Lord's Supper. (Acts 2:42)

Response: As you read each Scripture verse, think about how they relate to the sacrament of Holy Communion and community. What do these verses tell us about Christian community, how we gather, and who is welcome?

So, why does the Lord's Supper matter to our faith? In the Small Catechism, Luther writes this about the Lord's Supper:

“These words, “Given and shed for you for the forgiveness of sins,” show us that in the Sacrament forgiveness of sins, life, and salvation are given us through these words. For where there is forgiveness of sins, there is also life and salvation.”

The Lord’s Supper matters because...

- through it we are reminded that we are beloved, forgiven children of God.
- Through it we are also reminded that the body of Christ is a community where all are welcome to receive God’s promises.
- when we regularly participate in the sacrament as a community, we are brought together for forgiveness and reconciliation.

Response: Reread the quote from Luther’s Small Catechism. Try to rewrite it in your own words. Does it matter to *you* that you regularly participate in the Lord’s Supper? Why or why not?

Prayer:

Holy God,

Thank you for loving us and forgiving us.

Thank you for inviting us into community with one another.

Thank you for sharing your grace with us through the gift of the Lord’s Supper.

Help us remember that we are welcome at the table. Help us remember the forgiveness and salvation that all are invited to receive.

Amen.