

What Does It Taste Like?
Getting Ready for Communion
Christian Woman Today Retreat
March 21, 2020

Introduction

“What Does It Taste Like?”

What do think are some of the other most common questions kids might ask about the Lord’s Supper?

- What does it taste like?
- What does it mean? What are they doing?
- Why do people look sad (when their sins have been forgiven!)?

Focus

“I Just Love That Meal!”

What will help you better appreciate how good a meal tastes to you?

- Being hungry
- Having tasted it before – knowing it tastes good
- Knowing it’s good for you and has been prepared by someone who loves you

Preparation

“Do I Have the Right Clothes?”

What are things you (or others you know / knew) did to prepare to come to the Lord’s Supper?

- Prayers / read hymns / read a preparation for communion
- Not eat the morning of
- Wear a certain set of clothes

The Word

“This Is ...”

²³ For I received from the Lord what I also passed on to you: The Lord Jesus, on the night he was betrayed, took bread, ²⁴ and when he had given thanks, he broke it and said, “This is my body, which is for you; do this in remembrance of me.” ²⁵ In the same way, after supper he took the cup, saying, “This cup is the new covenant in my blood; do this, whenever you drink it, in remembrance of me.” ²⁶ For whenever you eat this bread and drink this cup, you proclaim the Lord’s death until he comes. ²⁷ So then, whoever eats the bread or drinks the cup of the Lord in an unworthy manner will be guilty of sinning against the body and blood of the Lord. ²⁸ Everyone ought to examine themselves before they eat of the bread and drink from the cup. (1 Corinthians 11:23-28)

The Point

“He Is Properly Prepared...”

Earthly or outward customs can be very helpful in preparing for communion, but do you remember the words from Martin Luther’s catechism, which tells us what makes us truly ready to come to communion?

Fourth: Who, then, is properly prepared to receive this sacrament?

... he is properly prepared who has faith in these words: given and poured out for you for the forgiveness of sins

The Main Questions Involved in Preparation for Communion

- | | | |
|------------------------------|----------------------------------|--------------|
| • Am I | <u>sorry</u> | for my sins? |
| • Do I believe that | <u>Jesus died to forgive</u> | my sins? |
| • Do I believe that Christ’s | <u>body and blood</u> | |
| are | <u>really present to forgive</u> | my sins? |
| • Do I intend to | <u>live a thankful life</u> | |

The Review

“I Will Give It Five Stars”

The main comfort of receiving the Lord’s Supper is receiving the forgiveness of sins in a most personal way – in a way that lets us “taste” it. What additional thought(s) does 1 Corinthians 11:26 (see previous page) give us in connection with receiving the Lord’s Supper?

We are confessing and proclaiming our faith in Jesus. It tastes great! We are giving it “Five Stars!” And we would love other people to join us for this special Supper.

Preparation Helps

- | | |
|-----------------------|--|
| • Your Own Reflection | The Four Questions above |
| • Hymnal – page 11 | “Before Communion” |
| • Hymnal – page 156 | “Personal Preparation for Holy Communion” |
| • Christian Questions | Catechism (page 320, 3 rd Edition)
Catechism (page 371, Anniversary Edition) |
| • Hymns | |
| ○ 302-308 | Confession and Absolution |
| ○ 309-318 | Holy Communion (esp. 310-313) |
| ○ 740-744 | Holy Communion (Worship Supplement) |

For Discussion, if Time:

How Does “Examination” Fit in with “Examination?”

Confirmation Examination assures the congregation that the confirmands are properly prepared to receive communion and can “examine” themselves as God wishes.

References

BEFORE COMMUNION

Lord, I am not worthy to be a guest at your holy table. But you are the friend of sinners, and you will not cast me out. This bread is your body, which bore my sins upon the tree. This wine is your blood, which purifies me from all guilt. At your invitation, I come rejoicing. Receive me, my Savior.

AFTER COMMUNION

Thank you, Lord Jesus Christ, for nourishing me in this sacrament with your body and blood. You have given me forgiveness, life, and salvation. Let me always remain in you as a branch remains in the vine. Send me out in the power of your Spirit to live and work to your praise and glory.

O living Bread from heaven, how richly you have fed your guest!
The gifts you now have given have filled my heart with joy and rest.
Lord, grant me that thus strengthened with heavenly food, while here
my course on earth is lengthened, I serve with holy fear.
And when you call my spirit to leave this world below,
I enter through your merit where joys unmingled flow.

PERSONAL PREPARATION FOR HOLY COMMUNION

Q: What does God tell me about myself in his holy Word?

A: He says that I am a sinner and deserve only his punishment.

Q: What should I do if I am not aware of my sins or am not troubled by them?

A: I should examine myself according to the Ten Commandments and ask how well I have carried out my responsibilities as a husband or wife or single person, as a parent or child, an employer or employee, a teacher or student. Have I loved God with all my heart, gladly heard his Word, and patiently endured affliction? Have I been disobedient, proud, or unforgiving? Have I been selfish, lazy, envious, or quarrelsome? Have I lied or deceived, taken something not mine, or given anyone a bad name? Have I abused my body or permitted indecent thoughts to linger in my mind? Have I failed to do what is right and good?

Q: When I realize that I have sinned against God and deserve his punishment, what should I do?

A: I will confess before God all my sins, those which I remember as well as those of which I am unaware. I will pray to God for his mercy and forgiveness.

Q: How do I receive his gracious forgiveness?

A: His Word assures me that Jesus led a pure and holy life for me and died on the cross for me to pay the full price for all my sins. Through faith in Jesus, I have been clothed in my Savior's perfect righteousness and holiness.

Q: What further assurance do I have that Jesus is mine and I am his?

A: In Holy Communion he gives me his body and blood together with the bread and wine as a truly life-giving food and drink to unite me with him and my fellow believers. By means of this sacrament, Jesus not only forgives my sins but sweeps away all my doubts about his love for me, gives me his own strength to live a God-pleasing life, and grants me a joyful foretaste of heaven.

Q: How can I be sure that I receive all these blessings in the Lord's Supper?

A: I have his own word spoken as his last will and testament on the night before he died. There he tells me: "Take and eat; this is my body. Drink from it, all of you; this is my blood which is poured out for you for the forgiveness of sins. Do this in remembrance of me."

Q: How will I respond to this priceless gift from Jesus?

A: I will daily thank and praise him for his love to me. With his help I will fight temptation, do my best to correct whatever wrongs I have done, and serve him and those around me with love and good works. Lord Jesus, with joy and gratitude I now come to your table to receive the precious food of your life-giving body and blood. May it strengthen me to remain in you as you remain in me, so that I bear much fruit in devoted service to you and in acts of kindness to others. Amen.

Christian Questions

1. Do you believe that you are a sinner?

Yes, I believe it. I am a sinner.

2. How do you know this?

From the Ten Commandments, which I have not kept.

3. Are you sorry for your sins?

Yes, I am sorry that I have sinned against God.

4. What have you deserved from God because of your sins?

His wrath and displeasure, temporal death, and eternal damnation. See Rom. 6:21, 23.

5. Do you hope to be saved?

Yes, that is my hope.

6. In whom then do you trust?

In my dear Lord Jesus Christ.

7. Who is Christ?

The Son of God, true God and man.

8. How many Gods are there?

Only one, but there are three persons: Father, Son, and Holy Spirit.

9. What has Christ done for you that you trust in Him?

He died for me and shed His blood for me on the cross for the forgiveness of sins.

10. Did the Father also die for you?

He did not. The Father is God only, as is the Holy Spirit; but the Son is both true God and true man. He died for me and shed His blood for me.

11. How do you know this?

From the holy Gospel, from the words instituting the Sacrament, and by His body and blood given me as a pledge in the Sacrament.

12. What are the words of institution?

Our Lord Jesus Christ, on the night when He was betrayed, took bread, and when He had given thanks, He broke it and gave it to the disciples and said: "Take eat; this is My body, which is given for you. This do in remembrance of Me."

In the same way also He took the cup after supper, and when He had given thanks, He gave it to them, saying: "Drink of it, all of you; this cup is the new testament in My blood, which is shed for you for the forgiveness of sins. This do, as often as you drink it, in remembrance of Me."

13. Do you believe, then, that the true body and blood of Christ are in the Sacrament?

Yes, I believe it.

14. What convinces you to believe this?

The word of Christ: Take, eat, this is My body; drink of it, all of you, this is My blood.

15. What should we do when we eat His body and drink His blood, and in this way receive His pledge?

We should remember and proclaim His death and the shedding of His blood, as He taught us: This do, as often as you drink it, in remembrance of Me.

16. Why should we remember and proclaim His death?

First, so that we may learn to believe that no creature could make satisfaction for our sins. Only Christ, true God and man, could do that. Second, so we may learn to be horrified by our sins, and to regard them as very serious. Third, so we may find joy and comfort in Christ alone, and through faith in Him be saved.

17. What motivated Christ to die and make full payment for your sins?

His great love for His Father and for me and other sinners, as it is written in John 14; Romans 5; Galatians 2; and Ephesians 5.

18. Finally, why do you wish to go to the Sacrament?

That I may learn to believe that Christ, out of great love, died for my sin, and also learn from Him to love God and my neighbor.

19. What should admonish and encourage a Christian to receive the Sacrament frequently?

First, both the command and the promise of Christ the Lord. Second, his own pressing need, because of which the command, encouragement, and promise are given.

20. But what should you do if you are not aware of this need and have no hunger and thirst for the Sacrament?

To such a person no better advice can be given than this:

First, he should touch his body to see if he still has flesh and blood. Then he should believe what the Scriptures say of it in Galatians 5 and Romans 7.

Second, he should look around to see whether he is still in the world, and remember that there will be no lack of sin and trouble, as the Scriptures say in John 15–16 and in 1 John 2 and 5.

Third, he will certainly have the devil also around him, who with his lying and murdering day and night will let him have no peace, within or without, as the Scriptures picture him in John 8 and 16; 1 Peter 5; Ephesians 6; and 2 Timothy 2.

312 Lord Jesus Christ, You Have Prepared



1 Lord Je - sus Christ, you have pre - pared This feast for
 2 Al - though you did to heav'n as - cend, Where an - gel
 3 Yet, Sav - ior, you are not con - fined To an - y
 4 We eat this bread and drink this cup, Your pre - cious
 5 Though rea - son can - not un - der - stand, Yet faith this



our sal - va - tion; It is your bod - y
 hosts are dwell - ing, And in your pres - ence
 hab - i - ta - tion, But you are pres - ent
 Word be - liev - ing That your true bod - y
 truth em - brac - es: Your bod - y, Lord, is



and your blood, And at your in - vi - ta - tion
 they be - hold Your glo - ry, all ex - cel - ling,
 ev - 'ry - where And with your con - gre - ga - tion.
 and your blood Our lips are here re - ceiv - ing.
 ev - 'ry - where At once in man - y plac - es.



As wea - ry souls, with sin op - pressed, We come to
 And though your peo - ple shall not see Your glo - ry
 Firm as a rock this truth shall stand, Un - moved by
 This Word re - mains for - ev - er true, And there is
 I leave to you how this can be; Your Word a -



you for need - ed rest, For com - fort, and for par - don.
 and your maj - es - ty Till dawns the judg - ment morn - ing,
 an - y dar - ing hand Or sub - tle craft and cun - ning.
 naught you can - not do, For you, Lord, are al - might - y.
 lone suf - fic - es me; I trust its truth un - fail - ing.

6 Lord, I believe what you have said;
 Help me when doubts assail me.
 Remember that I am but dust,
 And let my faith not fail me.
 Your supper in this vale of tears
 Refreshes me and stills my fears
 And is my priceless treasure.

7 Grant that we worthily receive
 Your supper, Lord, our Savior,
 And, truly grieving for our sins,
 May prove by our behavior
 That we are thankful for your grace
 And day by day may run our race,
 In holiness increasing.

8 For your consoling supper, Lord,
 Be praised throughout all ages!
 Preserve it, for in ev'ry place
 The world against it rages.
 Grant that this sacrament may be
 A blessed comfort unto me
 When living and when dying.