

**Welcome**  
**to the**  
**Lord's Table**

AN AT HOME INSTRUCTIONAL PAMPHLET  
FOR THOSE UNABLE TO ATTEND THE SESSIONS.

### ***Welcome to the Lord's Table***

Notice it says THE LORDS TABLE. It Is not my table, or your table, or the table at Burger King. This is Gods table. At this table some marvelous things happen.

The first thing that happens is that God is there, waiting for you, watching for you, hoping you will come and eat.

The second thing that happens is that Jesus is there in the gifts of Bread and Wine. You may not understand how he is there, but know that he is.

The third thing that happens is that once again you are reminded that all your sins are forgiven.

All this happens at the Lords table. Pretty amazing, isn't it? All this happens because God loves you. All this happens because God wishes to fill you with good things. So, welcome to the table!

## KEY WORDS

***Passover*** - Passover is a festival celebrated by Jews to remember how God freed their ancestors from slavery in Egypt. God “passed over” the houses of the Israelites because there was blood of a lamb on the door post. The Passover meal includes saying certain prayers and eating certain foods.

***Sacrament*** - Sacrament means “mystery.” A Sacrament is a means by which God establishes a special relationship with humans. There is nothing ‘magical’ about this relationship, There is only God acting in ways that we don’t always understand. Sacraments are known in three ways: 1. Jesus commanded us to do this, 2. Use of an earthly item, 3. Promise of grace and forgiveness granted.

***Lords Supper*** - This refers to the Last Supper that Jesus ate with the disciples before he was crucified. Jesus was celebrating the Passover meal with his disciples but instead of using the blood of the Lamb, Jesus used himself as the Lamb of God who takes away the sin of the world.

***Communion*** - Holy Communion is another term for the Lord’s Supper. It is also known as Eucharist. Both these terms remind us that Jesus has asked us to eat and drink and give thanks for all the God has done.

***Elements*** - The Bread and Wine used in Holy Communion.

***Real Presence*** - Lutherans believe that Jesus Christ is ‘really present’ in the Bread and Wine of Holy Communion. Jesus is not standing alongside of the elements. Jesus is not symbolized by the Bread and Wine, and Jesus’ Body and Blood are not actually the Bread and Wine. We believe that Jesus is truly *in, with, and under* these elements.

***Unleavened Bread*** - The kind of bread used by the Jews at the Passover meal. Unleavened means it is without yeast and therefore is flat. Since the Jews were in a hurry to leave the slavery of Egypt they did not have time to use a yeasted bread, let it rise, then bake it. Today this bread is called ‘Matzah.’

## EXERCISE

### Read carefully Exodus 12: 1-28

What kind of animal was sacrificed? \_\_\_\_\_

What happened to the lamb? \_\_\_\_\_

vs. 9 \_\_\_\_\_

vs. 7 \_\_\_\_\_

What did the Israelites eat at night? \_\_\_\_\_

vs. 8 \_\_\_\_\_

Read verses 13 and 23 again.

Why was this event called Passover? \_\_\_\_\_

What did God say in verse 14? \_\_\_\_\_

\_\_\_\_\_  
Why was the blood on the door important? \_\_\_\_\_



## WHAT HAPPENS IN HOLY COMMUNION?

people:        *REMEMBER*  
                  *GIVE THANKS*  
                  *RECEIVE FORGIVENESS*  
                  *CELEBRATE*  
                  *COME TOGETHER*  
                  *RECEIVE STRENGTH*  
                  *LOOK TO THE FUTURE*  
                  *EAT TOGETHER*

The Bible tells the story of the Lord's Supper.  
Now read 1 Corinthians 11:23-25.

In your own Bible underline these words.

Look up the word **REMEMBER** in the dictionary.  
What does it say? \_\_\_\_\_

\_\_\_\_\_

Why would Jesus use this key word **REMEMBER** to celebrate the Last Supper?

\_\_\_\_\_

In the space below draw a picture of what Holy Communion looks like.

In Holy Communion the *Pastor* uses the words “The Body of Christ broken for you,” “The Blood of Christ shed for you.” The best thing to do is hold your hand out proudly and receive what is given to you. There are many different ways to take Holy Communion; Kneeling, Continuous, Common Cup, or intinction. No one way is better than another because God is doing the same thing at each table.

## ***EXERCISE***

- Read Mark 14: 12-17
- When did the Last Supper take place?  
\_\_\_\_\_  
\_\_\_\_\_
- What kind of meal were the disciples supposed to prepare? vs. 16  
\_\_\_\_\_
- Now read Matthew 26:26-26
- What are the two elements of the meal?  
\_\_\_\_\_
- What does Jesus say in verse 26?  
\_\_\_\_\_
- What does Jesus say in verses 27-28?  
\_\_\_\_\_

*Matthew 26:26-28 are called The Words Of Institution. ' These are the words Jesus used to institute, or establish a new relationship with us.*

IN THIS SPACE DRAW YOUR OWN PICTURE OF



BREAD AND WINE, AS SERVED AT HOLY  
COMMUNION  
*LUTHER'S SMALL CATECHISM*

**The Sacrament of  
Holy Communion**

1

**What Is Holy Communion?**

*Holy Communion is the body and blood of our Lord Jesus Christ given with bread and wine, instituted by Christ himself for us to eat and drink.*

**Where do the Scriptures say this?**

Matthew, Mark, Luke, and Paul say:

*Our Lord Jesus Christ, in the night in which he was betrayed, took bread; and when he had given thanks, he broke it and gave It to his disciples, saying, "Take, eat, this is my body, which is given for you; this do in remembrance of me."*

*After the same manner 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, and for many, for the remission of sins; this do, as often as you drink it, in remembrance of me."*

In the night

in which he was betrayed, our Lord Jesus took bread,  
and gave thanks; broke it, and gave it to his disciples,  
saying: Take and eat; this is my body, given for you.

Do this for the remembrance of me.

Again, after supper,

he took the cup, gave thanks, and gave it for all to  
drink, saying: This cup is the new covenant in my  
blood, shed for you and for all people, for the  
forgiveness of sin.

Do this for the remembrance of me.

2

### **What benefits do we receive from this sacrament?**

The benefits of this sacrament are pointed out by the words,  
given and shed for you for the remission of sins.

These words assure us that in the sacrament we receive  
forgiveness of sins, life, and  
salvation.

For where there is forgiveness of sins, there is also life and  
salvation.

3

### **How can eating and drinking do all this?**

It is not eating and drinking that does this, but the words,  
*given and shed for you*

*for the remission of sins.*

These words, along with eating and drinking, are the main thing in the sacrament.

And whoever believes these words has exactly what they say, forgiveness of sins.

4

**When is a person rightly prepared to receive this sacrament?**

*Fasting and* other outward preparations  
serve a good purpose.

However, that person is well prepared and  
worthy who believes these words,

**given and shed for you for the remission  
of sins.**

But anyone who does not believe these  
words, or doubts them,

Is neither prepared nor worthy  
for the words **for you** require simply  
a believing heart.

HOLY COMMUNION IS A GIFT  
TAKE AND EAT

TAKE AND DRINK

## ***EXERCISE***

**Interview someone using these questions.**

- When and where did you have your first Communion?
- What is one thing you really like about taking Communion?
- What is one question you have about Communion?

**Now have someone ask you these questions.**

- What do you think taking your first Communion will be like?
- What does it mean to you that Jesus Is REALLY PRESENT in the Bread and Wine of Communion?
- What questions do you have about Communion?

## **HOW OFTEN SHOULD I TAKE HOLY COMMUNION?**

Martin Luther said that we should take Holy Communion daily, that way we would be reminded how much God loves us. We may not be able to take Communion daily, so the next best thing is to take it regularly and frequently.