



The Small Catechism of Doctor Martin Luther

The Sixth Chief Part: The Lord's Supper

The Benefit of the Sacrament of the Altar

What benefit do we receive from such eating and drinking?

The benefit we receive from such eating and drinking is shown us by these words: "Given and shed for you for the remission of sins," namely, that in the Sacrament forgiveness of sins, life and salvation are given through these words. For where there is forgiveness of sins, there is also life and salvation.

We confess our belief that in the Lord's Supper the body and blood of Christ are truly and substantially present and are truly offered with those things that are seen, the bread and the wine, to those who receive the sacrament. After careful examination and consideration of it, we firmly defend this belief. For since Paul says [1 Corinthians 10:16] that the bread is "a participation in the Lord's body," it would follow that the bread would not be a participation in the body of Christ but only in His spirit if the Lord's body were not truly present. – **Apology of the Augsburg Confession, Article X, 1.**

FROM HOLY SCRIPTURE – 1 CORINTHIANS 10:1-17

"Moreover, brethren, I do not want you to be unaware that all our fathers were under the cloud, all passed through the sea, **all were baptized into Moses** in the cloud and in the sea, **all ate the same spiritual food, and all drank the same spiritual drink.** For they drank of that spiritual Rock that followed them, and that Rock was Christ. But with most of them God was not well pleased, for their bodies were scattered in the wilderness. Now these things became our examples, to the intent that we should not lust after evil things as they also lusted. And do not become idolaters as were some of them. As it is written, *'The people sat down to eat and to drink, and rose up to play.'* Nor let us commit sexual immorality, as some of them did, and in one day twenty-three thousand fell; nor let us tempt Christ, as some of them also tempted, and were destroyed by the destroyer. Now all these things happened to them as examples, and they were written for our admonition, upon whom the ends of the ages have come. **Therefore let him who thinks he stands take heed lest he fall.** No temptation has overtaken you except such as is common to man; but **God is faithful**, who will not allow you to be tempted beyond what you are able, but with the temptation will also

make the way of escape, that you may be able to bear it. **Therefore, my beloved, flee from idolatry.** I speak as to wise men; judge for your-selves what I say. **The cup of blessing which we bless, is it not the communion of the blood of Christ? The bread which we break, is it not the communion of the body of Christ?** For we, though many, are one bread and one body; for we all partake of that one bread.



A VERSE TO REMEMBER

"It is finished!"

John 19:30

Israel passes safely through the sea

William Brassey Hole, watercolor – c. 1910