



True and worthy communicants are those timid, disturbed Christians, weak in faith, who are heartily terrified because of their many and great sins, who consider themselves unworthy of this noble treasure and the benefits of Christ because of their great impurity, and who perceive their weakness in faith, deplore it, and heartily wish that they might serve God with a stronger and more cheerful faith and a purer obedience.

**This most venerable sacrament was instituted and ordained primarily for communicants like this,** as Christ says, "Come unto Me, all who labor and are heavy laden, and I will give you rest." (Matthew 11:28) Likewise, "Those who are well have no need of a physician, but those who are sick." (Matthew 9:12) Likewise, "The power of God is made perfect in weakness." (2 Corinthians 12:9) – **Formula of Concord, Solid Declaration, Article VII, 69-70.**

*The Small Catechism of Doctor Martin Luther*  
*The Sixth Chief Part: The Lord's Supper*  
**The Power of the Sacrament of the Altar**

*How can bodily eating and drinking do such great things?*

It is not the eating and drinking that does this, but the words here written, "Given and shed for you for the remission of sins." These words, along with the eating and drinking, are the main thing in the Sacrament; and **whoever believes these words has what they say, namely, the forgiveness of sins.**

**The Proper Reception of the Sacrament**

*Who then receives this Sacrament worthily?*

Fasting and bodily preparation are indeed a fine outward training; but **he is truly worthy and well prepared who has faith in these words,** "Given and shed for you for the remission of sins." But he who does not believe these words, or doubts them, is unworthy and unprepared; for the words "for you" require truly believing hearts.



**FROM HOLY SCRIPTURE**

**LUKE 22:14-20**

"When the hour had come, He sat down, and the twelve apostles with Him. Then He said to them, 'With fervent desire I have desired to eat this Passover with you before I suffer; for I say to you, I will no longer eat of it **until it is fulfilled in the kingdom of God.**' Then He took the cup, and gave thanks, and said, 'Take this and divide it among yourselves; for I say to you, **I will not drink of the fruit of the vine until the kingdom of God comes.**' And He took bread, gave thanks and broke it, and gave it to them, saying, 'This is My body which is **given for you;** do this in remembrance of Me.' Likewise He also took the cup after supper, saying, 'This cup is the new testament in My blood, which is **shed for you.**'"

**A VERSE TO REMEMBER**

"It is finished!" - **John 19:30**

**Jesus institutes the Lord's Supper**  
*Otto van Veen, oil on canvas – 1592*