

## Getting to Know Jesus- Adult Bible Discovery Guide- May 31, 2020

Welcome to Adult Bible Study for this week. This study is designed for you to do on your own or with your family. You will need an internet connection to complete this study.

**Opening Prayer:** *Lord Jesus Christ, on the night of Your betrayal, You established the Supper of Your body and blood for us Christians to eat and to drink. Give us faith to trust in the words of Your testament and so rightly receive the fruits of your suffering and death and through Your merit finally be brought to rejoice in the marriage feast of the Lamb, where You live and reign with the Father and the Spirit forever. Amen*

### **Something to consider as we begin:**

*What might some people think when they hear Christians say they are eating Christ's body and drinking His blood in the Lord's Supper?*

To begin, watch this video from Lutheran Hour Ministries about Communion- <https://vimeo.com/83810355>

From Luther's Small Catechism:

### **The Nature of the Sacrament of the Altar**

#### **First**

*What is the Sacrament of the Altar?*

It is the true body and blood of our Lord Jesus Christ under the bread and the wine, instituted by Christ Himself for us Christians to eat and drink.

*Where is this written?*

The holy Evangelists Matthew, Mark, Luke and St. Paul write:

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 and eat; this is My body, which is given for you. This do in remembrance of Me."

In the same way 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."

### **Read: Matthew 26:17-30**

For you to answer:

- *How is the Lord's Supper connected to Passover?*
- *How is the Lord's Supper connected with Jesus' death?*

Watch this video for a detailed presentation on the connection between the Passover and Jesus- <https://youtu.be/bVolBDIWloQ>

### **Quick Review: *What makes something a Sacrament?***

- A sacrament is a sacred act that is instituted by God, has the promise of grating God's grace or forgiveness and is connected with a visible means or external element.

*What are the two Sacraments in the Lutheran Church?*

### **What is Communion, exactly?**

It is a sacrament that gives us the true body and blood of Jesus Christ. His body and blood are joined with the bread and wine for us Christians to eat and drink. Don't worry; this is not cannibalism. It is a special, spiritual meal where the table is set by the Lord Jesus Himself with heavenly food. He instituted it on the night before He died, commanding His followers to continue practicing it. As the apostle Paul writes,

*"The Lord Jesus on the night when He was betrayed took bread, 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." In the same way also He took the cup, after supper, saying, "This cup is the new covenant in My blood. Do this, as often as you drink it, in remembrance of Me." For as often as you eat this bread and drink the cup, you proclaim the Lord's death until He comes." (1 Corinthians 11:23b-26)*

### **What does Christ give us in this Sacrament?**

Christ gives us His own true body and blood for the forgiveness of sins.

*"Now as they were eating, Jesus took bread, and after blessing it, broke it and gave it to the disciples and said, 'Take and eat; this is My body.' And He took a cup and when He had given thanks He gave it to them saying, 'Drink of it all of you, for this is My blood of the covenant, which poured out for many for the forgiveness of sins.'" (Matthew 26:26-28)*

### **How are Christ's body and blood present in the Sacrament?**

By the power of Christ's almighty Word, He gives us His true body and blood in, with and under the consecrated bread and wine. This union of the bread with the body and the wine is called a sacramental union. The precise mechanism is a mystery to us: a mystery that cannot be explained in terms of human physics, chemistry, metaphysics, or philosophy. We believe the Lord's words even though we cannot explain the presence of the body and blood.

The mystery of the presence of Christ's body and blood in the Lord's Supper is often expressed using the words, "in, with and under" the bread and the wine.

- The word IN reminds us that where the bread and the wine is, there is the body and blood of Christ
- The word WITH reminds us that with the bread and the wine we receive the body and blood of Christ
- The word UNDER reminds us that the body and blood of Christ are hidden yet present under bread and wine, since bread and wine still continue to exist.

This position is generally called real presence. Christ is really present in his body and blood, in this sacrament. However, we should be careful to use this phrase precisely and to define our terms accurately.

*"We believe, teach and confess that in the Holy Supper the body and blood of Christ are truly and essentially present, truly distributed and received with the bread and wine. We believe, teach and confess that the words of the testament of Christ are not to be understood in any other way than the way they literally sound, that is, not that the bread symbolizes the absent body and the wine the absent blood of Christ, but that they are truly the body and blood of Christ because of the sacramental union." (Formula of Concord Epitome VII 6 & 7)*

### **What is happening in Communion?**

By the power of Christ's Word, in Communion, the formerly separated are joined together in union:

1. The body and blood of His Son Jesus Christ are joined to the bread and the wine, and given to the believer to eat and drink.

*And He (Jesus) took bread, and when He had given thanks, He broke it and gave it to them, saying, "This is My body, which is given for you. Do this in remembrance of Me." And likewise the cup after they had eaten, saying, "This cup that is poured out for you is the new covenant in My blood." (Luke 22:19-20)*

2. The believer is in union with Christ. By the very act of eating and drinking, Christ is in us and a part of us. This is possible only because this body and blood forgives the sins of the believer.

*(Jesus said) "Drink of it, all of you, for this is My blood of the covenant, which is poured out for many for the forgiveness of sins." (Matthew 26:27b-28)*

3. God's people are joined in union with other believers in Christ, both living and those already in heaven. During Communion it is as if the heavens are opened, and we share in a joyful meal, full of celebration and singing! This is not a private dinner for two but a banquet shared with others.

*Because there is one bread, we who are many are one body, for we all partake of the one bread. (1 Corinthians 10:17)*

**A question to ponder:**

*Why might some people find it hard to accept Jesus' body and blood are actually present in the bread and wine?*

For more information download the pamphlet titled: ["The Sacrament of the Altar"](#) .