

October 4, 2026

IN REMEMBRANCE OF ME
Receiving the Lord's Supper

What is the Sacrament of the Altar?

It is the true Body and Blood of our Lord Jesus Christ, under the bread and wine, given unto us Christians to eat and to drink, as it was instituted by Christ Himself.

What benefit do we have from the Lord's Supper?

It is pointed out in these words: "Given and shed for you for the forgiveness of sins." Through these words, the forgiveness of sins, life and salvation are given unto us in the Sacrament. For where there is forgiveness of sins, there is also life and salvation.

In what way does the believer receive life and salvation through this sacrament?

Through this sacrament the believer is brought into spiritual fellowship with his Lord and Savior, who imparts Himself to him and thus preserves and strengthens him in faith, hope, and love unto eternal life.

Is it important how we receive the Lord's Supper?

Yes; we must be prepared when we go to partake of these gifts. It is much worse to go to the Lord's Supper unprepared and unworthy than not to go at all.

Who partake of the Lord's Supper unworthily?

They who do not feel nor repent of their sins and who do not from their heart believe in Jesus.

Should the feeling of our own unworthiness keep us away from the Lord's Supper?

No; the more we feel our own unworthiness and the more we sincerely long for God's forgiveness, the more worthy we are to receive His grace.

What should be our conduct when we have received the Lord's Supper?

We should quietly think of the great love which God has shown us and heartily thank Him for it, not only for a few days, but always. We should keep near to Jesus, show His death in word and act, and in a sanctified life prove that the body and blood of Christ have power to cleanse from sin.

Excerpts from "The Sacrament of the Altar," Luther's Small Catechism and Explanation, AFLC Board of Publications and Parish Education, 2007, pp.130-137.

AFLC Promotion for October is Parish Education