

Discovery Worksheet for Lesson 8

based on

PERSONAL PREPARATION FOR HOLY COMMUNION

As found on page 156 in Christian Worship: A Lutheran Hymnal

Q1: What does God tell me about myself in his holy Word?

A: *He says that I am a sinner and deserve only his punishment.*

Q2: What should I do if I am not aware of my sins or am not troubled by them?

A: *I should examine myself according to the Ten Commandments and ask how well I have carried out my responsibilities as a husband or wife or single person, as a parent or child, an employer or employee, a teacher or student. Have I loved God with all my heart, gladly heard his Word, and patiently endured affliction? Have I been disobedient, proud, or unforgiving? Have I been selfish, lazy, envious, or quarrelsome? Have I lied or deceived, taken something not mine, or given anyone a bad name? Have I abused my body or permitted indecent thoughts to linger in my mind? Have I failed to do what is right and good?*

Q3: When I realize that I have sinned against God and deserve his punishment, what should I do?

A: *I will confess before God all my sins, those which I remember as well as those of which I am unaware. I will pray to God for his mercy and forgiveness.*

Q4: How do I receive his gracious forgiveness?

A: *His Word assures me that Jesus led a pure and holy life for me and died on the cross for me to pay the full price for all my sins. Through faith in Jesus, I have been clothed in my Savior's perfect righteousness and holiness.*

Q5: What further assurance do I have that Jesus is mine and I am his?

A: *In Holy Communion he gives me his body and blood together with the bread and wine as a truly life-giving food and drink to unite me with him and my fellow believers. By means of this sacrament, Jesus not only forgives my sins but sweeps away all my doubts about his love for me, gives me his own strength to live a God-pleasing life, and grants me a joyful foretaste of heaven.*

Q6: How can I be sure that I receive all these blessings in the Lord's Supper?

A: *I have his own word spoken as his last will and testament on the night before he died. There he tells me: "Take and eat; this is my body. Drink from it, all of you; this is my blood which is poured out for you for the forgiveness of sins. Do this in remembrance of me."*

Q7: How will I respond to this priceless gift from Jesus?

A: *I will daily thank and praise him for his love to me. With his help I will fight temptation, do my best to correct whatever wrongs I have done, and serve him and those around me with love and good works.*

Lord Jesus, with joy and gratitude I now come to your table to receive the precious food of your life-giving body and blood. May it strengthen me to remain in you as you remain in me, so that I bear much fruit in devoted service to you and in acts of kindness to others. Amen.

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For thought or discussion with a partner.

Q1. According to 1 John 1:8,10, what would be true of you if you couldn't agree with the answer to this question? How would it affect your relationship with God?

Q2. Have any of these questions surprised you? Convicted you in a way you haven't felt convicted of your sin before?

Q3. Which do you need more forgiveness for: The sins you know about yourself, or the sins you're unaware of? Why?

Q4. Read Isaiah 53:4-6. How does this prophecy of Christ especially help us appreciate Holy Communion?

Q5. What four blessings of the Lord's Supper does this question help us meditate on?

Q6. What special benefit is there in a meal of *remembrance*? Why does our mind and heart need such a meal? Can you think of ways we forget Him?

Q7. Holy Communion strengthens us. For what divine purposes?

FOR MEMORY: Learn to recite these words when your pastor says them:

Our Lord Jesus Christ, on the night he was betrayed, took bread; and when he had given thanks, he broke it and gave it to his disciples saying, "Take and eat; this is my body, which is given for you. Do this in remembrance of me." Then he took the cup, gave thanks, and gave it to them saying, "Drink from it, all of you. This is my blood of the new covenant, which is poured out for you for the forgiveness of sins. Do this, whenever you drink it, in remembrance of me."