

## **THE SACRAMENT OF HOLY COMMUNION AT ST. PAUL LUTHERAN CHURCH**

God's word says that in this Sacrament we receive Christ's real Body and real Blood in, with, and under the Bread and Wine. Our Lord Jesus makes these 4 elements present so that we might receive the forgiveness of sins and the strengthening of faith. Because Jesus expresses His love to us in such a real presence, He asks us to prepare ourselves and examine ourselves in the following manner before receiving His sacrament.

### **In Preparation To Receive the Sacrament:**

1. Do I believe that I am a sinful person without any hope of eternal life except for God's mercy to me found only through Jesus?
2. Do I believe that Jesus Christ is God's Son and also a true human being who is my personal Savior from all sin?
3. Do I believe that His true Body and Blood are really present in the Sacrament of Holy Communion with the bread and the wine?
4. Do I hope by the power of the Holy Spirit to live a Godly life?

As you come to Holy Communion you are affirming a steadfast belief in the statements above. In this belief and by receiving the Sacrament you are affirming that Jesus Christ is your Savior and that you are in unity with those who commune with you. Following the above guidelines allows you to take Holy Communion in a worthy manner. Because those who eat and drink our Lord's Body and Blood in an unworthy manner do so to their great harm and bring God's wrath and judgment on themselves (I Corinthians 11:27-30), we ask that any who are not yet instructed, in doubt, or who hold a confession different from the congregations of **Lutheran Church—Missouri Synod** are requested to refrain from receiving the Sacrament. Each person may come forward for a blessing with hands folded as an indication to the pastor that they wish to receive a blessing. An alcohol-removed wine (distinguished by its lighter color) is offered in the center of each communion tray as an option. Gluten-free wafers are available upon request during distribution at the altar. The Common Cup will also be offered with each table. If you do not take an individual cup, the pastor will serve the Chalice. If you have any questions regarding the reception of Holy Communion please speak to a pastor or one of the elders of our congregation before the service.