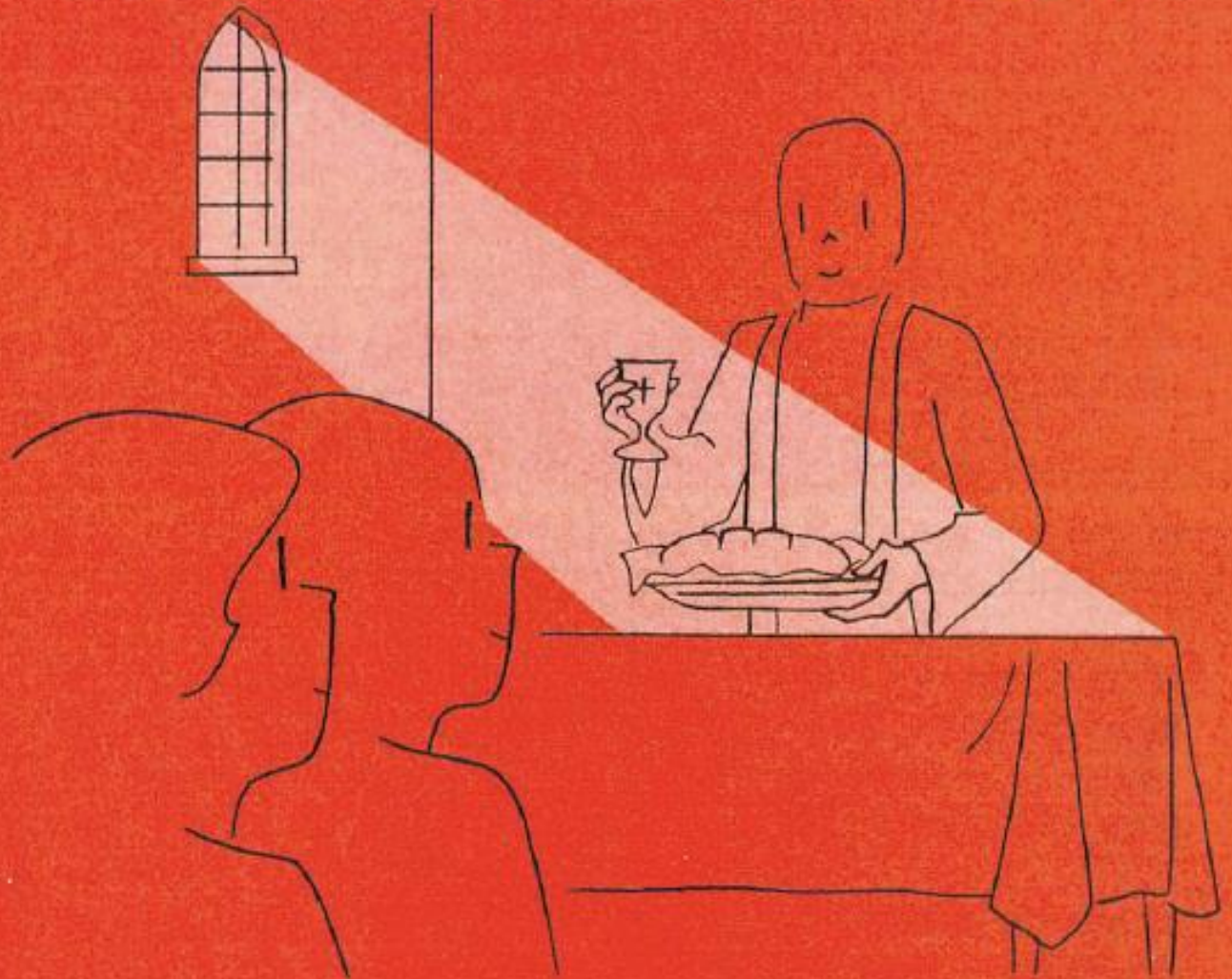


What every Presbyterian should know
ABOUT
THE SACRAMENT OF
THE LORD'S SUPPER



What is
THE LORD'S SUPPER
?

It's the sacrament based on Jesus' words and actions at his last meal with the Apostles.

THE LORD'S SUPPER CELEBRATES THE POWER OF GOD'S LOVE.

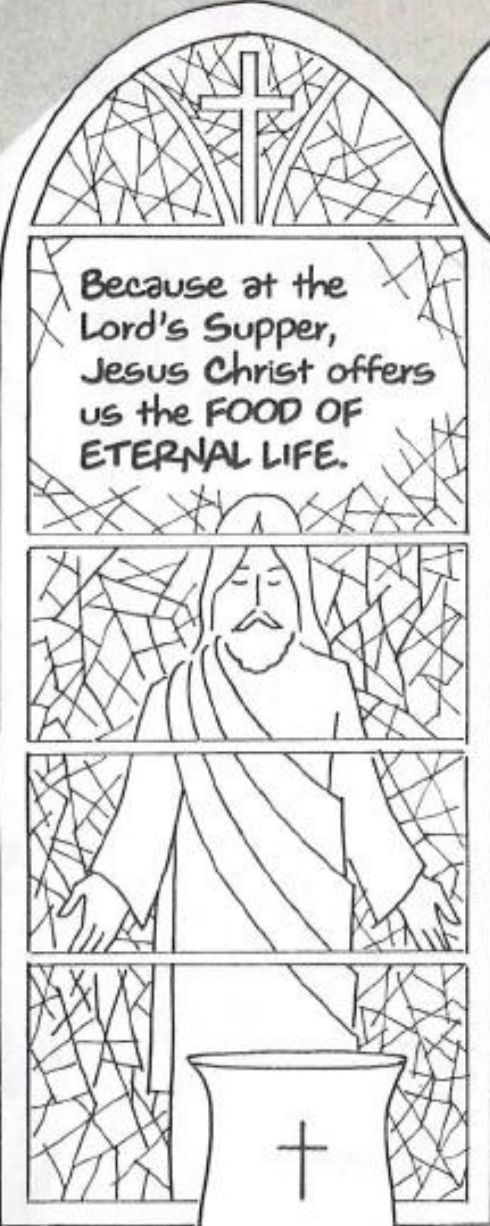
- **IT COMMEMORATES** Jesus' perfect sacrifice on our behalf.
- **IT RENEWS** our fellowship with other Christians.
- **IT ENABLES** us to experience the saving power of God's love through Christ.
- **IT NOURISHES** our faith in the deepest way possible.



The Lord's Supper and Baptism are the two sacraments (sacred signs revealing God's Word) ordained by Christ. The Lord's Supper is also known as "Holy Communion," the "Breaking of the Bread," and the "Eucharist."



WHY
is the Lord's Supper
IMPORTANT
?



Because at the
Lord's Supper,
Jesus Christ offers
us the **FOOD OF**
ETERNAL LIFE.

The sacrament provides us
with a never-ending source of:

SPIRITUAL NOURISHMENT

God nourishes us with spiritual food
and strength. At the Lord's Supper,
we are invited to experience the joy
and gratitude that flow from the power
and fullness of God's love.

GROWTH IN GRACE

By remembering Jesus' command at
the Last Supper, we open ourselves
to God's love. Filled with the Holy
Spirit, our lives take on renewed
meaning. We grow in our ability
to love God and other people.



THE ORIGINS OF THE

Jesus commanded us to receive

The Lord's Supper has its roots in the JEWISH PASSOVER MEAL

This meal of lamb, bitter herbs and unleavened bread commemorated God's liberation of the Jews from slavery in Egypt. It was celebrated as a thanksgiving meal for the gifts of food, fellowship and freedom. (Exodus 12:1-28).



THE LAST SUPPER

On the day before he was crucified, Jesus gathered the Apostles and shared a Passover meal with them.

- Jesus "took bread, and blessed, and broke it, and gave it to them, and said, 'Take; this is my body.'" (Mark 14:24)
- Jesus then took a cup of wine, blessed it, and passed it to the disciples, saying "'This is my blood of the covenant, which is poured out for many.'" (Mark 14:24)



LORD'S SUPPER

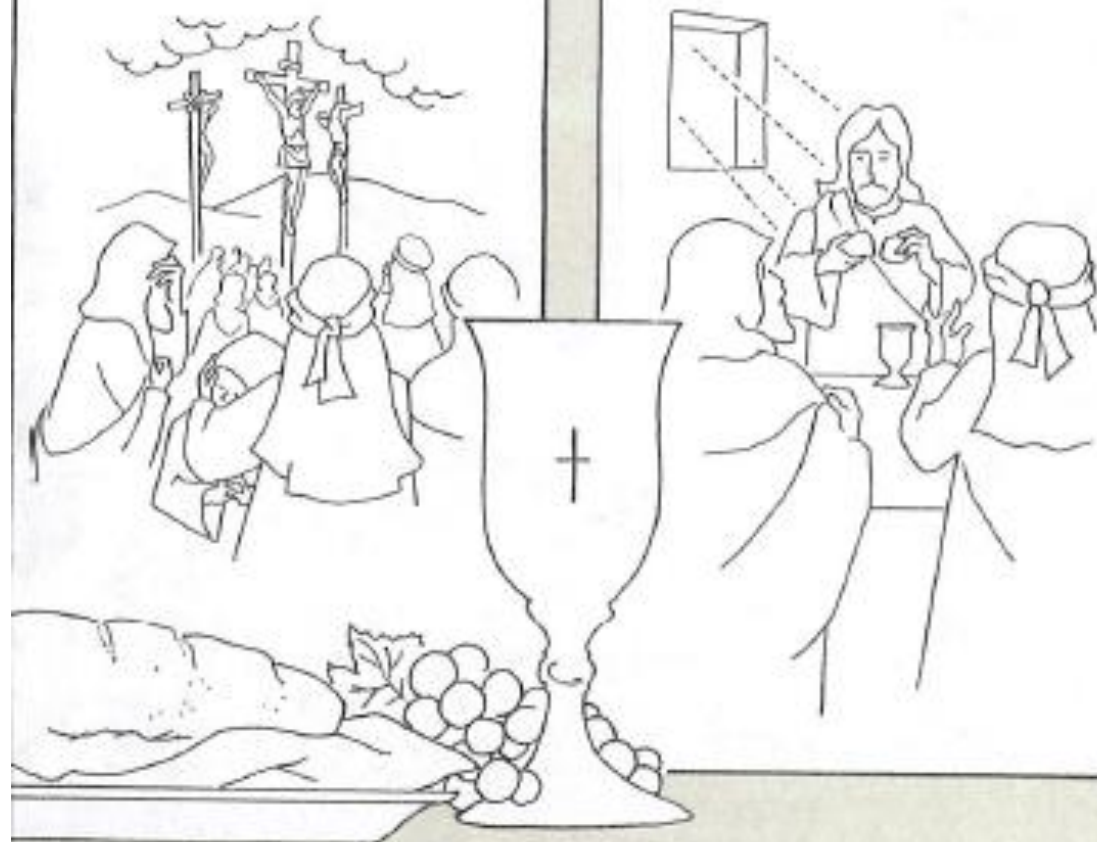
this sacrament.

AFTER THE MEAL

- Jesus and the Apostles walked to the Garden of Gethsemane on the slopes of the Mount of Olives.
- There Jesus was betrayed by Judas, arrested and taken to Pontius Pilate, the Roman governor. He was tried, condemned, and sentenced to death by crucifixion.

AFTER JESUS' DEATH

Three days after Jesus' death, two disciples met a stranger on the road to Emmaus. Later that night, the stranger broke bread, blessed it and gave it to the disciples. The disciples realized that the stranger who broke bread was Jesus. As this event makes clear, the Lord's Supper is a sign of the risen Christ and of Christ's continuing presence with us.



THE MEANING OF THE LORD'S SUPPER

The Lord's Supper is truly the heart of Christian life and worship. In it, God comes to us -- and we respond.

WE GIVE THANKS TO GOD

At the Lord's Supper (sometimes called the Eucharist, from a Greek word meaning "to give thanks") we give praise and thanks to God through prayer. We praise God for creating the universe and making us in God's image; for being merciful and good; for forgiving our sins; and for giving us hope in the future glory of the heavenly kingdom.

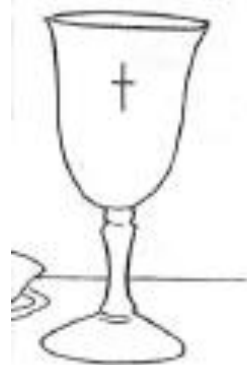


WE REMEMBER CHRIST

At the Last Supper, Jesus commanded the Apostles to share a meal of bread and wine in his memory. "Do this in remembrance of me," Jesus said. (1 Cor. 11:24) At the Lord's Supper, we do just that: we identify with Jesus Christ, with his life, death and resurrection. We strive to unite our own sacrifices in life with Jesus'.

WE CELEBRATE CHRIST'S SACRIFICE

Though Jesus was innocent, he paid the ultimate price -- death -- for our sins, so that we could become one with God. God gave us Christ as a gift. At the Lord's Supper, we offer our praise and thanks to God for this supreme gift.



WE CELEBRATE COMMUNION

At the Lord's Supper we celebrate our oneness with God in Christ. We experience communion with God through the Holy Spirit. We also experience true fellowship with our brothers and sisters in Christ, who come together from all walks of life to the table of the Lord.



WHO MAY SHARE the Lord's Supper ?

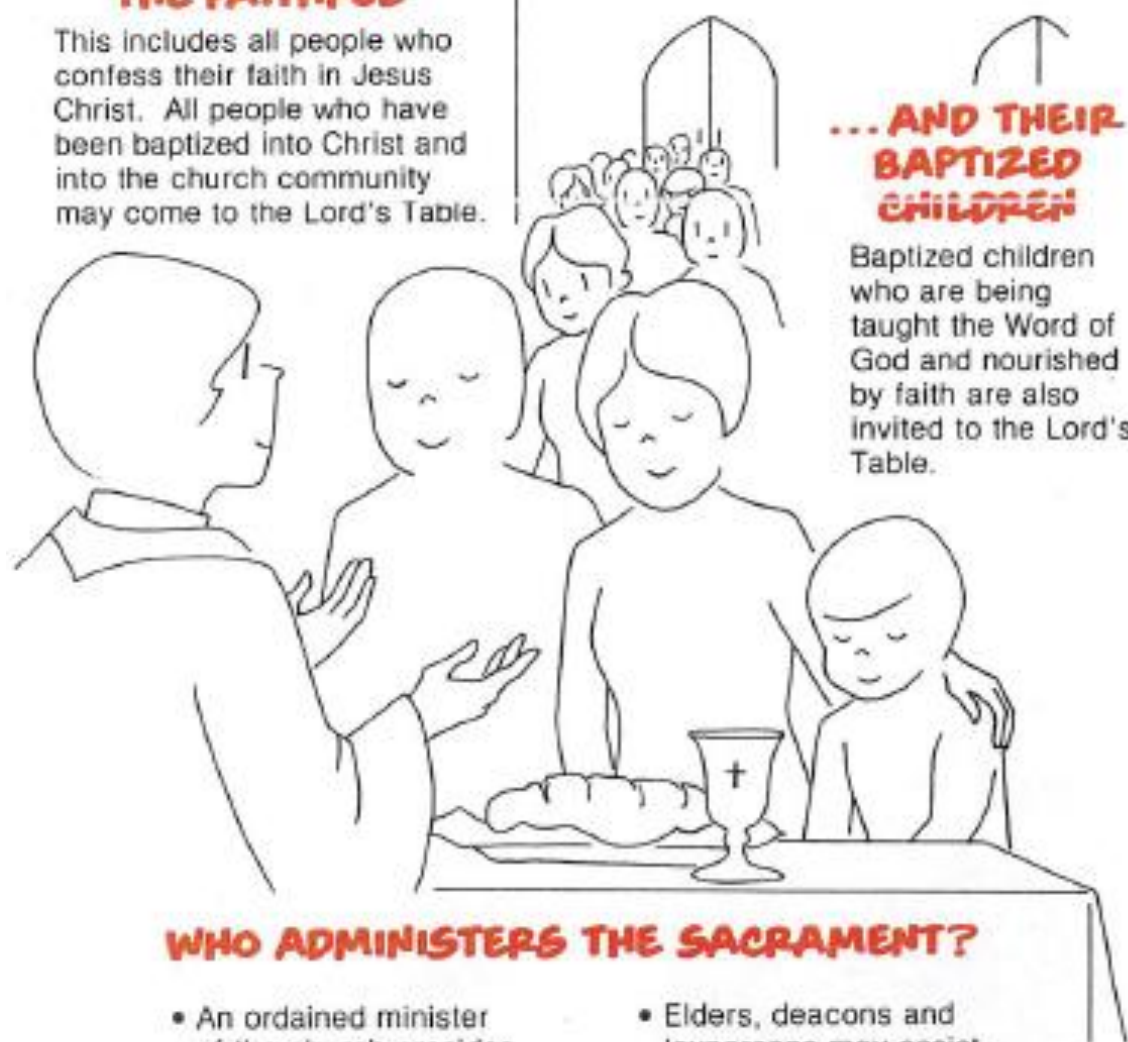
Those invited to share the Lord's Supper include:

THE FAITHFUL

This includes all people who confess their faith in Jesus Christ. All people who have been baptized into Christ and into the church community may come to the Lord's Table.

... AND THEIR BAPTIZED CHILDREN

Baptized children who are being taught the Word of God and nourished by faith are also invited to the Lord's Table.



WHO ADMINISTERS THE SACRAMENT?

- An ordained minister of the church presides at all celebrations of the sacrament.
- Elders, deacons and laypersons may assist in distribution of elements.

HOW DO I PREPARE to receive the Sacrament ?

To experience Christ more fully at the Lord's table, you may wish to:

MEDITATE

on the meaning of Jesus' life, death and resurrection and draw inspiration from his sacrifice.

REFLECT

on the life and message of Jesus and how it relates to your own life.

EXPLORE

those areas of your life you wish to change and improve.

SERVE OTHERS

– use your time and talent to help people.

PRAY

for the courage and faith to live and love according to God's will.



FAITH IS THE KEY

to fruitfully receiving the Lord's Supper. Faith means opening your heart and mind to God and inviting the Holy Spirit to enter and become a part of you. Faith is a gift of the Holy Spirit – with it, you may truly experience the gift of God's love at the Lord's Supper!

How the Lord's Supper **CELEBRATES GOD'S**

The Lord's Supper is a joyous event celebrated
faith community. The rite includes:

1 **PROCLAMATION OF THE WORD**

After praise and confession of
sin, the Scriptures are read and
interpreted in a sermon.



2 **PREPARATION OF THE TABLE**

The bread and wine are
presented at the holy table.



3 **WORDS OF INSTITUTION**

The words of Paul (1 Cor.
11:23-26), recalling Jesus'
words and actions at the last
supper, are included in the
great prayer of thanksgiving
or are said when breaking
the bread.



4 **BREAKING OF BREAD**

The minister breaks the bread in
full view of the entire congrega-
tion. This action symbolizes
Christ's own body that was
broken for our salvation.



LOVE

by the entire

1 GREAT PRAYER OF THANKSGIVING

We praise and thank God for all creation and for the life and resurrection of Christ. We joyously acknowledge the action of the Holy Spirit in our lives.



2 DISTRIBUTION AND THANKSGIVING

The bread and cup are served to the faithful gathered at the Lord's Table. The congregation further celebrates God's gifts with prayers and song.



CHRIST IS PRESENT AT THE LORD'S SUPPER

At the Lord's Supper, we meet the living Christ. Christ is not physically present in the bread and wine, which remain unchanged, but is spiritually present in the sacrament.



How the **ENRICHES**

By participating in the Lord's

RENEWED COMMITMENT

The Lord's Supper inspires us to be committed Christians who actively serve Christ. This means each of us has a duty to serve and minister to other people as well.



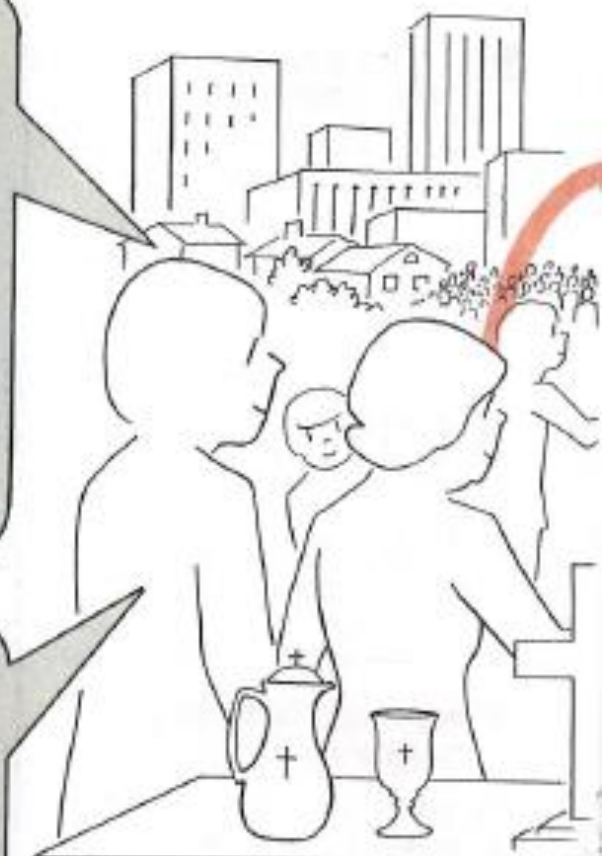
HOPE

The Lord's Supper celebrates our hope for eternal life. This assurance gives renewed meaning and vitality to every aspect of daily life.



GOD OFFERS US

Gathered around the power of Christ -- the completely to God and to received the sacrament, to carry this love into may benefit from the



Lord's Supper **OUR LIVES**

Supper, we can discover:



CHRIST'S LOVE

Lord's Table, we receive ability to give ourselves our neighbors. Having it's up to each of us the world -- so others gifts that God gave us.

NOURISHMENT

United with Christ at the feast of the Lord's Table, we grow in our ability to nourish and to be nourished by other people.



NEW LIFE

God's actions at the Lord's Supper renew our life daily. Our sins are forgiven. Reconciled with God, we find peace. United with Christ, we find love and strength.



The Lord's Supper and Baptism are
CLOSELY RELATED

The Lord's Supper continues the work begun at Baptism.

OUR BAPTISM:

- is given only once.
- initiates us into the body of Christ, the Church.
- starts us on the road to God.
- marks our receiving of the Holy Spirit.



THE LORD'S SUPPER

- is given regularly.
- affirms and renews our life with Christ.
- sustains our growth on the journey to God.
- assures us of the Holy Spirit's ongoing presence in our lives.

Soo--

The Lord's Supper provides us with the
**SPIRITUAL FOOD
OF LIFE!**

✓ **UNDERSTAND** the meaning of the Lord's Supper in Christian life and worship.

✓ **BE NOURISHED** by the body and blood of Christ.

✓ **STRIVE** to carry God's gifts of love and grace to others.



**RENEW YOUR
LOVE OF GOD
AND
JESUS CHRIST
AT THE
LORD'S SUPPER!**

"I am the bread of life; he who comes to me shall not hunger, and he who believes in me shall never thirst."

John 6:35