

The Sacrament of the Altar 4: How to Receive It Worthily

Who receives this Sacrament worthily?

Fasting and bodily preparation are certainly fine outward training. But that person is truly worthy and well prepared who has faith in these words: “Given and shed for you for the forgiveness of sins.”

But anyone who does not believe these words or doubts them is unworthy and unprepared, for the words “for you” require all hearts to believe.

After we see what the Sacrament of the Altar is, the reception of the body and blood of Christ, a big question for many people is, “Am I worthy to receive this wondrous gift?” After all, we’re talking about the body and blood of our Savior, the King of kings and Lord of lords. He is the great I AM. How do I, a poor, miserable sinner, dare approach His throne, let alone eat His body and drink His blood?

One thing to remember is that, when it comes to God, no one is *good enough* to come into His presence. Another thing to remember are the words of Jesus in **John 6:37**, “*Whoever comes to me I will never cast out.*” Being worthy isn’t about being good enough. Being worthy is about faith, believing in Jesus Christ as your Lord and Savior, believing Christ’s words at the Last Supper: “*This is My body, which is given for you. ... This cup that is poured out for you is the new covenant in My blood*” (**Luke 22:19—20**) and believing that Christ did all this “for you.” Being worthy is about being penitent.

So, do you believe in Jesus Christ as your Lord and Savior? Do you believe that this is His body and blood we are receiving? Are you sorry for your sins and do you want to change? If the answer is “yes” to these questions, you are worthy. Come to the Altar and have your sins forgiven and your faith strengthened.

The only caveat is that, since the Lord’s Supper is about unity of faith, to Commune here, one must be a member of the LCMS or a synod with which we have Altar Pulpit fellowship.