

Distribution of the Elements

Now, we are at the heart of the Service of the Sacrament, the Distribution of the Elements. The first question is, “What are we receiving at the Lord’s Supper?” The short answer is, “The body and blood of Christ.” But it still looks and tastes like bread and wine. How can that be?

Paul says in **1 Corinthians 10**: *The cup of blessing that we bless, is it not a participation in the blood of Christ? The bread that we break, is it not a participation in the body of Christ? (1 Corinthians 10:16)*. So, we are receiving bread and wine, and we are also receiving the body and blood of Christ in, with, and under the bread and wine.

“Can anyone receive the body and blood of Christ?”

Paul says in **1 Corinthians 11** (read **1 Corinthians 11:27—29**). Paul says three things here:

1. If we eat and drink *unworthily*, we are *eating and drinking judgment to ourselves* because we are *sinning against the body and blood of Christ*. What does it mean to be worthy or unworthy?
2. To be worthy, we must *discern the body and blood*. That means that we must recognize we are receiving the body and blood of Christ. Many Christians believe this is just a symbol. Therefore, they cannot receive Communion here for their own sakes.
3. To be worthy, a person must also *examine himself*. To examine oneself means to recognize the sin in our life and be sorry for it. If a person is living with sin in their life, they aren’t sorry for, they cannot receive Communion for their own sakes.

Another thing we examine ourselves for is asking what we believe. The word Communion means that we are united in Christ. So, when we receive Communion, we are saying, “I believe what everyone else here believes.” So, we only allow members of this church or another LCMS church to commune here. There are also a few other synods we have this kind of fellowship with, too.

As pastor, who receives and who doesn’t receive is my responsibility, and not one I can take lightly. Some of you aren’t receiving Communion, yet. But when I can determine you are ready, you will.

Prayer:

Lord Jesus, help us to prepare to be ready to receive Your body and blood. Amen.