

Holy Communion 2

But, what's in it for me? That's a question that's asked a lot today. What do I get out of it? Even in the church, we want to know how the things we do affect our lives. Today, we're looking at the benefits of Holy Communion, what we get out of it. In the words of institution, Jesus says: "This is My body, which is given for you. ... "This cup is the new testament in My blood, which is shed for you for the forgiveness of sins." This means our sins are forgiven in Holy Communion and we have life and salvation. "For where there is forgiveness of sins, there is also life and salvation."

Prayer:

Lord, thank You for the forgiveness of sins, life, and salvation we receive in Holy Communion. Amen.