

Holy Communion 4

Paul says in **1 Corinthians 11**: *Whoever, therefore, eats the body or drinks the cup of the Lord in an unworthy manner will be guilty concerning the body and blood of the Lord. Let a person examine himself, then, and so eat of the bread and drink of the cup. For anyone who eats and drinks without discerning the body, eats and drinks judgement on himself (1 Corinthians 11:27—29).*

This shows us how serious this is. We must be sure we're receiving worthily. According to the **Catechism**: *That person is truly worthy and well prepared who has faith in these words: "Given and shed for you for the forgiveness of sins."* To discern His body and blood is to believe that in Communion, you are receiving the body that was given for you and the blood that was shed for you on the cross.

Lord, help us to take Your supper seriously and recognize Your body and blood, given and shed for us. Amen.