

I. What is the Sacrament of the Altar?

It is the true body and blood of our Lord Jesus Christ, given to us Christians under the bread and wine to eat and to drink, as it was instituted by Christ Himself.

Where is this written?

The holy evangelists Matthew, Mark, Luke, and the apostle Paul write this way: "Our Lord Jesus Christ, the same night in which He was betrayed, took bread; and, when He had given thanks, He broke it and gave it to His disciples saying, 'Take, eat. This is My body, which is given for you. Do this in remembrance of Me.'

"In the same way He took the cup, after supper, gave thanks, and gave it to them saying, 'Drink of it, all of you. This cup is the new covenant in My blood, which is shed for you for the forgiveness of sins. Do this, as often as you drink it, in remembrance of Me.'"

2. What is the benefit of this eating and drinking?

The words, "Given and shed for you for the forgiveness of sins," show us that God gives forgiveness of sins, life, and salvation through the Sacrament. For where there is forgiveness of sins, there is also life and salvation.

^{NKJ} **1 Corinthians 10:16** The cup of blessing which we bless, is it not the communion of the blood of Christ? The bread which we break, is it not the communion of the body of Christ?

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^{NKJ} **1 Corinthians 11:28** But let a man examine himself, and so let him eat of the bread and drink of the cup. ²⁹ For he who eats and drinks in an unworthy manner eats and drinks judgment to himself, not discerning the Lord's body.