

**3. How can eating and drinking do such wonderful things?**

Eating and drinking actually do nothing. It is the words, "Given and shed for you for the forgiveness of sins" which do this. These words, together with the bodily eating and drinking, are the main part of the Sacrament. Whoever believes these words has exactly what they say: forgiveness of sins.

**4. When is an individual properly prepared to receive this Sacrament?**

Customs in connection with eating and clothing are indeed a fine preparation. However, a person is truly worthy and well-prepared who has faith in these words, "Given and shed for you for the forgiveness of sins." Whoever does not believe these words or doubts them is unworthy and unprepared. The words, "for you," require nothing but believing hearts.

**8<sup>th</sup> Graders**

**1 John 1:8** <sup>8</sup> If we say that we have no sin, we deceive ourselves, and the truth is not in us.

**Matthew 11:28** <sup>28</sup> "Come to Me, all *you* who labor and are heavy laden, and I will give you rest.