

FOR THOSE WHO WILL BE COMMUNING:

HOLY COMMUNION is offered at Grace on the 1st and 3rd Sundays of each month. In the Lord's Supper, the risen Christ is both the Giver and the Gift. Luther said it "is appropriately called the food of the soul since it nourishes and strengthens the new man." As this meal can be taken to one's judgment by those who do not rightly discern the sacrament (1 Cor. 11:29), we kindly ask those who have not communed with us before at Grace to please speak with Pastor before worship. Thank you.

FOR MEMBERS AND VISITORS: St. Paul encourages us to examine ourselves before we receive the Lord's Supper (1 Corinthians 11:28). And Martin Luther reminds us "he is truly worthy and well prepared who has faith in these words, 'Given and shed for you for the remission of sins.' "

Please consider the following questions for self-examination.

- ✠ Do I believe that I am a sinner in need of God's grace and mercy?
- ✠ Am I sorry for my sin and believe that for the sake of Jesus Christ, God's one and only Son, God forgives me freely and completely?
- ✠ Do I believe that in the Lord's Supper, under the forms of bread and wine, I receive Jesus' very body and blood, given and shed for me for the forgiveness of my sins?
- ✠ Do I desire, by the power of the Holy Spirit, to turn from my sin and strive to live a Godly life?

For further reflection and examination you are invited to consider *Christian Questions with Their Answers* on page 329 in the front of the hymnal.

You may commune from either the common or individual cup. Non-alcoholic wine is available for those unable to take wine due to interaction with medication, allergies or other reasons. It is located in the center of the individual cups.

Children are welcome to come forward with their parents to receive a blessing.

If you will not be communing but wish to come forward for a spoken blessing simply do not hold your hand out to receive the elements to indicate so.