

A Memory Aid for The Sacrament of the Altar



Take and Eat; Take and Drink...

The Words of Institution

Our Lord Jesus Christ, on the night when He was betrayed, took bread, and when He had given thanks, He broke it and gave it to the disciples and said: "Take, eat; this is My body, which is given for you. This do in remembrance of Me."

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

The Nature of the Sacrament of the Altar

What is the Sacrament of the Altar?

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

Where is this written?

The holy Evangelists Matthew, Mark, Luke, and St. Paul write:
Our Lord Jesus Christ,
on the night when He was betrayed,
took bread,
and when He had given thanks,
He broke it and gave it to the disciples and said:
"Take, eat; this is My body, which is given for you.
This do in remembrance of Me."

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

The Benefit of the Sacrament of the Altar

What is the benefit of this eating and drinking?

These words,

"Given and shed for you for the forgiveness of sins,"

show us that in the Sacrament

forgiveness of sins, life, and salvation

are given us through these words.

For where there is forgiveness of sins,

there is also life and salvation.

The Power of the Sacrament of the Altar

How can bodily eating and drinking do such great things?

Certainly not just eating and drinking do these things,

but the words written here:

"Given and shed for you for the forgiveness of sins."

These words,

along with the bodily eating and drinking,

are the main thing in the Sacrament.

Whoever believes these words

has exactly what they say:

"forgiveness of sins."

How to Receive This Sacrament Worthily

Who receives this sacrament worthily?

Fasting and bodily preparation
are certainly fine outward training.

But that person is truly worthy
and well prepared

who has faith in these words:

"Given and shed for you for the forgiveness of sins."

But anyone who does not believe these words
or doubts them

is unworthy and unprepared,
for the words "for you"
require all hearts to believe.

Cover Art: Courtesy of the Digital Image Archive, Pitts Theology Library, Candler School of Theology, Emory University.

Book Title: [Enchiridion : Der kleine Catechismus für die gemeine Pfarherr vnd Prediger / Mart. Luther](#)

Author: Luther, Martin, 1483-1546

Image Title: Sacrament of Communion

Scripture Reference: Luke 22; 1 Corinthians 11

Description: The background depicts the Last Supper and the crucifixion. The foreground depicts the sacrament of communion as a remembrance of those events. The artist of this engraving is the monogrammist HA.