

Christian Questions for Those Preparing to Receive the Lord's Supper

From Luther's Small Catechism

*We need to properly examine ourselves before taking communion together (1 Corinthians 11:28).
These questions were drawn up for the purpose of properly examining yourself according to the
Christian faith.*

1. Do you believe that you are a sinner?

Yes, I believe that I am a sinner.

2. How do you know this?

From the Ten Commandments, which I have not kept.

3. Are you sorry for your sins?

Yes, I am sorry that I have sinned against God.

4. What have you deserved from God because of your sins?

His wrath and displeasure, temporal death, and eternal damnation.

5. Are you convinced that you are saved?

Yes, that is my hope.

6. In whom, then, do you trust?

I trust in my dear Lord Jesus Christ.

7. Who is Jesus Christ?

Jesus Christ is the Son of God, true God and man.

8. How many Gods are there?

There is only one God, but there are three persons: Father, Son, and Holy Spirit.

9. What has Christ done for you that you trust in Him?

He died for me and shed His blood for me on the cross for the forgiveness of sins.

10. Did the Father also die for you?

He did not. The Father is God only, the Holy Spirit likewise. But the Son is both true God and true man. He died for me and shed his blood for me.

11. How do you know this?

I know this from the holy gospel and from the words of the Sacrament of Holy Communion

12. Which are those words?

Our Lord Jesus Christ, on the night he was betrayed, took bread; and when he had given thanks, he broke it and gave it to his disciples, saying, "Take and eat; this is my body, which is given for you. Do this in remembrance of me" (NIV).

Then he took the cup, gave thanks, and gave it to them, saying,

"Drink from it, all of you; this is my blood of the new covenant, which is poured out for you for the forgiveness of sins. Do this, whenever you drink it, in remembrance of me" (NIV).

13. Do you believe, then, that the true body and blood of Christ are in the Sacrament?

Yes, I believe it.

14. What moves you to believe this?

I am moved to believe it by the words of Christ: "Take, eat, this is my body; drink from it, all of you, this is my blood of the new covenant."

15. What does Christ want you to do when you eat his body and drink his blood in the Lord's Supper?

Christ wants me to remember and proclaim His death and the pouring out of his blood, as he taught me: Do this, whenever you drink it, in remembrance of me.

16. Why does Christ want you to remember and proclaim his death?

He wants me to do this so that (1) I learn to believe that no creature could make satisfaction for my sins, but only Christ, who is true God and man, could and did do that; (2) I learn to look with terror upon my sins and regard them as great indeed; (3) I find joy and comfort in Christ alone and believe that I have salvation through faith in him.

17. What moved him to die and make a complete payment for your sins?

He was moved to do this by his great love for his Father and for me and other sinners, as the Scriptures teach (John 14:31; Romans 5:8; Galatians 2:20; Ephesians 5:2).

18. Finally, why do you desire to receive Holy Communion?

I desire to do this so that I learn to believe that Christ out of great love died for my sins and that I also learn of him to love God and my neighbor.

19. What admonishes and moves you to receive Holy Communion frequently?

The command and the promise of Christ my Lord admonishes and moves me. Also, the burden of sin that lies heavy upon me causes me to feel a hunger and thirst for Holy Communion.

20. But what can a person do if he or she is not aware of the burden of sin and does not feel hunger and thirst for Holy Communion?

To such a person no better advice can be given than that, in the first place, the person put his hand into his bosom and feel whether he still has flesh and blood, and that he by all means believes what the Scriptures say about this (Galatians 5:17,19-21; Isaiah 64:6; Romans 7:18).

Secondly, that he look around to see whether he is still in the world and keep in mind that there will be no lack of sin and trouble, as the Scriptures say (John 15:18-25; Matthew 24:9-13; Acts 14:22).

Thirdly, that person will certainly have the devil also about him. With his lying and murdering, day and night, the devil will let him have no peace. So the Scriptures picture the devil (John 8:44; 1 Peter 5:8; Ephesians 6:10-12; 2 Timothy 2:26).

21. What can you do if you are sick and are unable to come to Holy Communion?

Then I can send for my pastor to pray with me and to give me Holy Communion privately.

22. When is the proper time to do this?

The time to do this is not only when death is at hand, but earlier before all physical and mental power is gone.

23. Why would you want to do this?

I would want to do this to receive the assurance through Holy Communion that my sins are forgiven and that salvation is mine.