

WWYG — Session 23
BENEFITS OF COMMUNION

Name _____

Guide _____

1. Read Martin Luther's explanation of Holy Communion in the Small Catechism beginning at page 222 in *The Lutheran Handbook*. What are the benefits of Holy Communion?

(a) _____ (b) _____ (c) _____
2. Read Part 3 of Luther's explanation. How can eating and drinking Holy Communion give these benefits?
3. How would you answer someone who said, "The bread and wine are simply a symbol of Jesus. Jesus isn't actually there"?
4. What are some of your thoughts and feelings when you receive Communion? Are they the same every time?
5. What do you do to prepare for Holy Communion?

6. Read the section on "**How to receive Communion**," pp. 36-40 in *The Lutheran Handbook*. Note how it says about receiving the bread. How should you hold your hands?
7. The wine may be offered in three ways. Check the ways it is offered at Woodlake, and circle the one you prefer.
- () Common Chalice () Intinction () Individual Cups
8. Describe how the way you prefer actually works.
9. Have you ever received Communion at a different church? If so, what was it like? Was anything different?
10. Now for a little review: What is a sacrament?
- GOGG — _____
- DBC — _____
- PEA — _____
11. What are the two sacraments in the Lutheran tradition?
- (d) _____ (e) _____