




Outline - Lesson 21



OPENING PRAYER

MEMORY WORK

QUIZ TIME

REVIEW QUESTIONS

Who are the evil three we discussed in our last lesson?

As you pray the Sixth Petition, what are you asking of God?

Name two ways God rescues you from evil?

What are two things God does for you when you are facing a challenging time?

What are you doing as you speak the closing words of the Lord's Prayer?

LESSON OVERVIEW

In our last lesson, we completed our discussion of the Lord's Prayer as we learned what we are asking of God in relation to temptation, how God delivers us from evil, and ways we can give honor and glory as we close the Lord's Prayer. Today, we move into the topic of the Lord's Supper. We will talk about the Sacraments in general and then we will look more carefully at the "Real Presence," the visible proof offered in the Sacrament and what we are to do as we hear the words, "This do in remembrance of Me."

LESSON

The Lord's Supper is one of the two Sacraments in our church. Before we discuss the details of Lord's Supper, we first need to talk about the term "Sacrament" and learn the basic components of a Sacrament.

The word "Sacrament" is not found in the Bible. In fact, it's not even a biblical term. The word was originally used as a solemn oath a soldier made when he promised to protect his government. Only in later times did the word "Sacrament" become a biblical term.

When we talk about a Sacrament, we are speaking of an event where there is always something visible, always something in the Sacrament you can see. That's

why Sacraments are sometimes defined as “visible means of offering spiritual blessings.”

What does the term “visible means” tell us?

What do the words “spiritual blessings” indicate?

A very simple definition of a Sacrament could be put in the form of an equation:

$$\text{SACRAMENT} = \text{WORD} + \text{SIGN}$$

A valid Sacrament must have at least one visible element *and* the Word of God present. Where God’s Word and the proper visible means or signs are present as God intended, there we find a Sacrament.

Yet, we need a more complete definition of a Sacrament.

A Sacrament is a sacred act that:

- Is instituted by God
- Contains visible means (Something you can see)
- Includes the Word of God
- Offers forgiveness of sins

Let’s look at the details regarding each portion of this definition of a Sacrament.

It Is Instituted by God:

God gave the command to use this Sacrament
We did not invent it for our benefit like some good luck charm
We are to use the Sacraments as God instructs us
We cannot and dare not change what God established

Visible Means:

Sacraments must contain something you can see
The visible means must be the same visible means God instructed us to use
The visible means were given to make the promise more sure for us
God has chosen to connect Himself to these visible means
He chose to connect Himself to simple, everyday visible elements
Water - most abundant blessing we have; bread and wine - used at the
Passover when the Lord’s Supper was instituted

Word of God:

Without God’s Word, we have nothing
Only God’s Word gives power to the Sacrament

There is nothing magical about the Sacrament
Water is simple water; wine is wine; bread is bread; God connects Himself
and thereby gives it power
The Word of God is what gives the Sacrament power
The power of the Sacrament does not depend on the faith of the person
administering the Sacrament or on the faith of the one receiving it. The
Sacrament is authentic and powerful so long as it is administered properly
To receive the benefits of the Sacrament, you must have true faith; the
blessings of the Lord's Supper come only to those who have faith
Without true faith, the Sacrament is worthless and even harmful

Forgiveness:

Sacraments are not just for show
Sacraments are not to prove we belong to God
Sacraments offer us the same blessings we receive from God's Word
God has merely chosen to use the Sacraments as *another* visible reminder of
His love for us
Without forgiveness, the Sacraments would be nothing but a ritual
We use these Sacraments because we need the forgiveness God offers to us
in a personal way
Sacraments exist because we are sinners, not so we can impress God
The forgiveness offered in the Sacraments is the same forgiveness pronounced
by the Pastor following the Confession of Sins in our worship service

Means of Grace:

When we speak of the Sacraments and God's Word, we refer to them as "means of
grace."

The means of grace are:

The way God offers us forgiveness and His blessings
The way God uses to assure us that we are forgiven
The means whereby God offers us His grace

God has chosen to work through the means to grace, through His Word and
Sacraments. We should not expect God to work in any other way except through
His means of grace.

With our basic information about a Sacrament in place, we need to move deeper
into our discussion of the Lord's Supper.

As you have probably already noticed, there are several different phrases used
for the Lord's Supper. Our Catechism most often uses the phrase, "Sacrament of
the Altar." Other places, you will hear phrases like, "Holy Communion" and "The
Lord's Table." Each of these phrases are referring to the same Sacrament. We
have merely chosen to use different terms in different settings.

As we discuss the Lord's Supper, it's only proper for us to discuss the most important aspect of the Lord's Supper first which is the "Real Presence." Everything else in the Lord's Supper stands or falls based on our understanding of the Real Presence.

Can anyone tell me what the term "Real Presence" means?

"Real Presence" is a term our church has chosen to use as we declare that Christ's body and blood are present, that they truly exist along with the bread and the wine as you receive the Lord's Supper.

Obviously, you do not see Christ's body and blood nor do you taste anything except unleavened bread and wine. Even so, because Christ said, "This is My body; this is My blood," we, by faith, profess that we receive four things as we receive the Lord's Supper.

We receive bread and wine and we also receive Christ's true body and blood in a supernatural way, in a way possible only by faith. If you deny the Real Presence in the Lord's Supper, all the benefits are lost; all the power disappears, and the Lord's Supper becomes an empty remembrance meal. As Christ instituted the Lord's Supper, He offered His very own body and blood in a supernatural way as proof that our sins are forgiven. If His body and blood are not present, neither is the visible proof that belongs to the Lord's Supper.

Turn to pages 121-122 in your Handouts as we learn more about the Real Presence.

Who Really Cares!

Draw a star on the line in front of each true statement about the Real Presence in the Lord's Supper.

- _____ 1. The Real Presence means that I eat Christ's physical body as I receive the bread.
- _____ 2. The Real Presence means that the wine will taste like blood if I believe in the Lord's Supper.
- _____ 3. If there were no Real Presence, the Lord's Supper would still be useful in my life.
- _____ 4. The Real Presence offers me comfort and hope only when I do what God wants me to do.
- _____ 5. The Real Presence is critical to the Lord's Supper. If it isn't there, all the benefits are lost.
- _____ 6. The Real Presence provides visible proof that Christ truly forgives me.

- _____ 7. If I say the bread and wine only represent the body and blood, I can still believe in the Real Presence.
- _____ 8. Transubstantiation is a term that means Real Presence.
- _____ 9. If the Real Presence doesn't make sense to me, it's okay not to believe in it. The main thing is that I go, not what I believe.
- _____ 10. If I go to the Lord's Supper, but do not believe in the Real Presence, it will not do me any harm.
- _____ 11. When Jesus says, "This is My body," it's okay if I don't really believe it is His body. It's more important that I believe Christ died for me.
- _____ 12. If I believe in the Real Presence, the bread and wine can be changed into the body and blood and I will still receive the same blessings.
- _____ 13. If there is no Real Presence in the Lord's Supper, I can still receive assurance of forgiveness by going to the Lord's Supper.
- _____ 14. Believing in the Real Presence is only important to those who aren't already good like I am.
- _____ 15. The Real Presence reminds me that I belong to Jesus Christ no matter where I am or what I may be doing.
- _____ 16. Going to the Lord's Supper is a formality, just something I'm supposed to do after I get confirmed.
- _____ 17. When I attend the Lord's Supper, the knowledge of the Real Presence helps me face my challenges with increased determination.
- _____ 18. It doesn't really matter what visible elements we use in the Lord's Supper. What's important is that I go to the Lord's Supper.
- _____ 19. The Real Presence assures me that I'm forgiven for all my mistakes, even if I don't feel that way all the time.
- _____ 20. Whether I understand what I'm doing or not at the Lord's Supper makes no difference. All that's important is knowing the term "Real Presence."
- _____ 21. If there were no Real Presence, the Lord's Supper would still offer me the assurance of forgiveness.
- _____ 22. The Real Presence really doesn't matter. Whether I believe in it or not, I'm still forgiven.
- _____ 23. The Real Presence offers me visible proof that God forgives me for all my sins.

- _____ 24. The Real Presence helps me remember that Christ lives in me, that He is an active part of my life.
- _____ 25. Those who fail to believe in the Real Presence miss the personal assurance of forgiveness I receive in the Sacrament.

Whether you can understand every aspect of the Lord's Supper or not, you need His Supper. You need His personal assurance of forgiveness which comes through faith in the Real Presence. If you choose to reject the Real Presence in the Lord's Supper, it may be wise to ask yourself if you are still a Christian.

As we have discussed the Real Presence, we have mentioned several times that the Lord's Supper provides visible proof that our sins are forgiven. Before we discuss other aspects of the Lord's Supper, we need to take a few minutes to understand the importance of the visible proof offered in the Lord's Supper.

Turn to page 123 in your Handouts.

Prove It!

Circle the number of each true statement regarding the visible proof of forgiveness offered in the Lord's Supper.

1. I need the visible proof offered in the Lord's Supper because there are times when I question whether God actually forgives me.
2. The visible proof in the Lord's Supper is entirely for my benefit, not for God's benefit.
3. As I receive Christ's body and blood along with the bread and wine, I receive the most personal assurance of forgiveness available anywhere.
4. As Jesus offers me His body and blood, I am reminded that His forgiveness must apply to my life and not merely to the lives of those around me.
5. The visible proof I receive as I partake of the bread and wine along with Christ's body and blood enables me to let go of my guilt and live life to the fullest.
6. As I receive the visible proof, I get more forgiven than I was before I went to the Lord's Supper.
7. At the Lord's Supper, I receive a special measure of forgiveness found nowhere else.
8. At the Lord's Supper, Christ comes to me personally and says, "Your sins are forgiven. My body and blood, which you now receive, are the seal guaranteeing you are forgiven."

9. The visible proof I receive as I kneel at His Altar makes it much more difficult for me to believe my sins remain unforgiven.
10. The visible proof Christ offers me in His Supper provides me with a guarantee, with indisputable evidence that every sin I have committed is forgiven by God.
11. Christ's body and blood do not offer me more forgiveness. They offer me proof that the words of Jesus, "Your sins are forgiven. Go in peace," apply to me.
12. The visible proof which I receive along with the bread and wine enables me to feel more forgiven than before I attended the Lord's Supper.
13. As Christ offers me His body and blood in the Lord's Supper, I have every reason to believe every sin in my past is forgiven, that nothing I have done remains unforgiven by God.

Earlier, as we mentioned Christ's body and blood as visible proof, those words may not have been all that significant in your minds. Now that we have looked more carefully at the importance of those words, the Lord's Supper takes on new meaning as we are reminded that Christ's body and blood are present as the proof, as the guarantee, as indisputable evidence that our sins are forgiven.

Before we end our lesson today, we want to focus on Christ's words, "This do in remembrance of Me." As Jesus spoke those words, He was not encouraging us to merely recall events from the past, because the word "remember," as it is used in the Scriptures, includes far more than we typically attach to the word today.

Turn to the next page in your Handouts as we understand more clearly the significance of Jesus' words, "This do in remembrance of Me."

Remembering to Remember

Circle the number of each true statement.

1. As I hear the words, "This do in remembrance of me," I am encouraged to serve my Lord more faithfully and to appreciate all His gifts.
2. "This do in remembrance of Me" instructs me to think about all Jesus has done for me in the past and all He plans to do in the future.
3. "This do in remembrance of Me" reminds me to think of Jesus only while I am at the Lord's Supper.
4. "This do in remembrance of Me" encourages me to make my life revolve around my Lord and all He has done for me.
5. When I hear the words, "This do in remembrance of Me," I need to remind myself of what Jesus went through so that I could be forgiven.

6. As I hear the words, “This do in remembrance of Me,” my heart needs to gather together all the information known about Jesus and allow it to affect my actions as I leave His Table.
7. When I remember as Jesus wants me to remember, my mind momentarily thinks of Jesus on the cross and then returns to life as usual.
8. When I hear the words, “This do in remembrance of Me,” I am encouraged to attend the Lord’s Supper regularly as I reflect on all Jesus has done for me.
9. “This do in remembrance of Me” makes all Jesus offers at the Sacrament more certain as I recall all that occurred in His life for my benefit.
10. As I remember, my heart is filled with gratefulness and thanksgiving because of Jesus’ goodness toward me.
11. As I remember, I leave His altar sad and discouraged because I know Jesus died in my place.
12. As I remember, I am reminded once again of the incredible love my Lord has for me.
13. As I remember, I am more determined to live my life in a way that is pleasing to Him.
14. As I hear the words, “This do in remembrance of Me,” my heart is filled with joy as I remember all Jesus did so I could live for Him.

In the past, you may have heard the words, “This do in remembrance of Me,” and thought nothing of those words. As you hear those words in the future, allow them to speak to your heart, to affect your life because there’s more to remembering than merely recalling events.

REVIEW OF THE DAY

What is a simple mathematical equation for a Sacrament?

What does the term “Real Presence” mean?

What does Christ do in His Sacrament to make your forgiveness more sure?

What does the phrase, “This do in remembrance of Me,” mean?

PREVIEW OF NEXT WEEK

Next week, we will continue our discussion of the Lord’s Supper as we focus on the benefits and power of the Lord’s Supper. As we study the benefits, we will look at the most significant benefit which is the forgiveness of sins, discuss how we can live the life Christ intended us to live, learn where we can find strength, and the need for faith before we kneel at the Lord’s Supper.

CLOSING PRAYER

ADDITIONAL MEMORY WORK

Outline - Lesson 22

OPENING PRAYER

MEMORY WORK

MEMORY WORK TERMS & APPLICATION: PAGE 125

Terms & Application

❖ “Imprint On The Mind” ❖
(Memory Work)

Office of the Keys I & II

℞ “Understanding Before Imprinting” ℞
(Defining Terms)

Authority _____

Repentant - _____

Withhold - _____

Unrepentant - _____

Evangelist - _____

 “In Simple Terms” 
(In Your Own Words)

 **“Using What You Know”** 
(Applying It To Life)

Who has given the church power to forgive sins in Christ’s name:

Who must be present in the hearts of God’s church to forgive sins:

QUIZ TIME

REVIEW QUESTIONS

What is a simple mathematical equation for a Sacrament?

What does the term “Real Presence” mean to you?

What does Christ do in His Sacrament to make your forgiveness more sure?

What does the phrase, “This do in remembrance of Me,” mean?

LESSON OVERVIEW

In our last lesson, we began our discussion of the Lord’s Supper as we discussed the Real Presence and what it means when Jesus said, “This do in remembrance of Me.” Today, we continue our discussion of the Lord’s Supper as we focus on the benefits and the power of His Supper. As we do, we will discuss the greatest benefit of the Lord’s Supper, how to live the life God offers us through His Sacrament, understand how we receive strength from the Lord’s Supper learn of the unity we profess as we kneel.

LESSON

The Lord’s Supper works; it does something significant. If it didn’t, there would be no purpose for attending the Lord’s Supper. Of all the Lord’s Supper does, the greatest benefit is that it offers us assurance of forgiveness.

Turn to page 126 in your Handouts.

It's the Greatest!

The greatest benefit we receive at the Lord's Table is the assurance of forgiveness. Circle the number of each true statement.

1. As I receive Christ's body and blood, I receive forgiveness of all the sins I can remember committing.
2. As I kneel at the Lord's Table in faith, He relieves me of all my guilt.
3. At the Lord's Supper, I receive forgiveness only for those sins which I know and remember in my heart.
4. At the Lord's Supper, Christ guarantees all my sins are forgiven by giving me His body and blood.
5. There is nothing more important in my life than knowing I am forgiven by my God.
6. As I receive the bread and wine, I will suddenly feel like I am forgiven.
7. The forgiveness Christ offers me at His Supper is either for all my sins or for none of them.
8. If I go to the Lord's Supper without believing I have sinned, God will still forgive me.
9. The assurance of forgiveness is necessary before I am able to live my life for my God.
10. The forgiveness Christ offers me is possible only because He died for me.
11. If all I received at the Lord's Supper was proof that I was forgiven, that would be reason enough to attend.
12. As I receive Christ's true body and blood, I receive the comfort that my relationship with my Father has been repaired.
13. When I break God's heart and ask Him for forgiveness, recalling the Lord's Supper will provide added assurance that I am forgiven.
14. As I receive Christ's body and blood, it brings joy to my heart because I have added proof that I am forgiven.
15. Of all my God offers me, forgiveness is the most important.

The greatest act of God is offering to forgive. Each time you receive His Sacrament, you receive added proof and assurance that every sin in your past is forgiven.

As you receive Christ's body and blood, you receive the proof, the seal that declares you to be forgiven by your God. Yet, the benefits of the Lord's Supper extend beyond the assurance of forgiveness.

In the explanation of the Lord's Supper, we say that the Sacrament offers us "forgiveness of sins, life and salvation." If the Sacrament offers us life, how do we live life as the blessing God intended it to be?

Turn to the next page in your Handouts.

Let's Live!

Write the word, "yes" on the line in front of each statement that indicates something you can do to live life as a blessing.

- _____ 1. Begin each day by saying, "I begin this day as a baptized child of God in the name of the Father, and of the Son, and of the Holy Spirit. Amen."
- _____ 2. Begin my day with a genuine smile on my face and keep that smile throughout my day
- _____ 3. Choose to wear a smile even when life isn't always great
- _____ 4. Begin and end each day thanking God for the day and His blessings
- _____ 5. Maintain an optimistic view of my future
- _____ 6. Thank God only when things go my way
- _____ 7. Offer my talents and abilities as my expression of appreciation
- _____ 8. Keep my eyes open for opportunities to make a good difference for my Lord
- _____ 9. Believe that Christ is living in me and working through me every day, even when I don't notice His presence
- _____ 10. Ask my God each day, "What can I do for You today?"
- _____ 11. Dream of a better tomorrow and do all I can today in anticipation of a great tomorrow
- _____ 12. Acknowledge my potential; believe I have power from God; go forward in my day convinced God can turn my potential into useful power
- _____ 13. Expect God to act, to intervene, to do great things through me every day

- _____ 14. Praise my God for all His gifts, for His forgiveness, and for all life's blessings
- _____ 15. Offer my gratefulness to my Father each day for rescuing me from the destructive intentions of the devil
- _____ 16. Choose a happy, upbeat attitude for each new day; hold on to that attitude even when things don't go as planned

Because we are forgiven, we have life. The life God has given us is meant to be lived to His glory. As you receive His assurance of forgiveness, remember that life is a blessing from God, a blessing He is waiting for you to use to its full extent.

Living life to the fullest is no easy task. It requires strength that is outside of us, strength only our Father can provide. As we receive His body and blood, we receive strength, a strength that arrives in many different ways.

Turn to page 128 in your Handouts as we learn how God offers us strength.

Looking for Strength

Draw a star in front of each statement that describes a way God can give you strength to live your new life in Christ for Him.

1. He could work through a friend by using them to strengthen me.
2. God could send a bolt of lightening from heaven that makes me strong.
3. My Father could lead my heart to His Word where He promises to make me strong and courageous.
4. As I spend time in prayer seeking His strength, God gives me power to do what I thought impossible.
5. In my weakest moments, I give up on myself and trust only in God.
6. I realize that sometimes God's strength is provided best in my weakest times.
7. He offers me strength as I give Him control of my life and follow His lead.
8. He offers me strength by assuring me that I am forgiven, that I have no reason to carry a load of guilt.
9. My Father provides strength by surrounding me with friends who pick me up when I fall down and stand beside me when life is tough.
10. My God offers me strength by allowing me to realize I can't do it without Him.

11. My Father gives me strength by answering my prayers and enabling me to press on with renewed determination.
12. My Lord provides me with strength my leading me back to His Table regularly.
13. My Father provides strength by allowing me to suffer needlessly just to prove He is God and I am not.
14. My loving Father strengthens me by reminding me He has conquered the devil for me.
15. My loving Father gives me power by reminding me that He has great things planned for me each day when I move with Him and for Him.

There is power in the Lord's Supper, power that comes because we are forgiven, power that is available to us because God has chosen to give us that power. Whether you are kneeling at His Table or living life, never forget that one of the great blessings you receive from the Lord's Supper is His strength to do His tasks.

As we talk about the strength our God offers us and the various ways He offers that strength, we need to realize what is necessary before God will offer us His strength and power.

Turn to page 129 in your Handouts.

Where There Is Faith...

Our God may offer and provide His strength in a variety of ways, yet before that will occur, we must be people of faith. Draw a box around the number of each statement that describes or gives evidence of genuine faith, of a faith that is open to God's activity.

1. As long as I know the words, God will give me the blessings of the Lord's Supper.
2. If I am able to go through the motions of admitting I am a sinner, God is obligated to offer me all His blessings.
3. When I trust and rely on my God for all things, when I lean on Him to get me through each day, my God is eagerly waiting to offer me His blessings.
4. As I go to my Father in prayer, admit my weakness, and ask for His strength, I set myself in the proper place to receive His assurance of forgiveness along with the blessings of life and salvation.
5. Attending church automatically puts me in good graces with God so that He will bless me.

6. If my faith is weak, God will not offer me His strength until my faith is stronger.
7. Where genuine faith is present, I know with great confidence God will step in and do His great work in my life.
8. Actively participating in worship, confessing my sins, singing my praises, and offering Him all the glory sets me in the proper place to receive His power.
9. Knowing the basics of faith, yet choosing not to use what I know, still sets me in a place to receive at least some of God's power and blessings.
10. Until I believe I am forgiven, I should not expect to see God's power at work in my life.
11. As long as I attend the Lord's Supper, God is obligated to strengthen me and give me power to face life.
12. When genuine faith is present in my heart, God is ready and waiting to give me power to accomplish great things for Him.
13. When genuine faith exists, I should expect to see God's power in me and around me.

The power and strength to live life to the fullest are offered in the Sacrament. Yet, until true faith exists, that power and strength will remain hidden. All the blessings of the Lord's Supper, which include the assurance of forgiveness, the power to live life to the fullest, and the promise of eternal life all depend on faith. Where there is no faith, the Sacrament is empty and where the Sacrament is empty, no blessings and power can exist.

Since the Sacrament has great power, we need to understand what we are telling others as they see us attend the Lord's Supper. Some may want to insist that the Lord's Supper is purely a personal matter, that what occurs there is only between them and God. Yet, as we kneel, we are also demonstrating a unity of faith; we are demonstrating that we agree regarding the basics of the Christian faith. What Christ offers you is personal, but the evidence and witness you provide as you kneel is public. It's evidence to all those watching that you agree in your understanding of the Lord's Supper and in the basic teachings of the Christian faith.

Turn to the next page in your Handouts.

As I Kneel

On the line in front of each statement write the letter “A” for agree or “D” for disagree as it relates to our public profession as we kneel at the Lord’s Table.

- _____ 1. As I kneel at the Lord’s Supper, I indicate I agree in matters of faith with all those who are also kneeling at His Supper.
- _____ 2. As I kneel, it does not matter what those around me believe because the Lord’s Supper is a personal matter between me and God.
- _____ 3. As I kneel, I claim I agree with what the church teaches. Therefore, kneeling at a church of a different faith is not appropriate.
- _____ 4. As I kneel, I profess Jesus Christ to be my Lord and my Savior, the one who offers me the forgiveness won for me on the cross.
- _____ 5. As I kneel, only those of the same faith should kneel beside me since we, as a whole, express a unity of faith.
- _____ 6. As I kneel, it doesn’t matter if others believe what I believe or something very different.
- _____ 7. As I kneel, I believe in the forgiveness of sins, the same forgiveness professed and offered by my church in the pronouncement of forgiveness which occurs earlier in the service.
- _____ 8. As I kneel, I give witness to others attending the service that the Lord’s Supper is a great privilege offered to His people.
- _____ 9. As I kneel, those watching should be encouraged by knowing I agree with them in the basic teachings of the church.
- _____ 10. As I kneel, I tell others that Jesus is my Lord, my Savior, the one who offers to forgive all my sins.
- _____ 11. As I kneel, I provide nothing to those watching since the Lord’s Supper actually does not provide evidence of the unity of faith.
- _____ 12. As I kneel, it is important I kneel in a church that teaches what I have been taught. To kneel in a different church is to deny what I believe.

At first glance, it may not appear to matter who else kneels at the Lord’s Table with us. Yet, the profession of faith and the expression of unity we provide as we kneel gives us every reason to permit only those who agree with us in faith to kneel beside us at the Lord’s Table.

REVIEW OF THE DAY

What is the greatest benefit offered in the Lord's Supper?

What are two things you can do to live the life God offers through His Sacrament?

Explain two different ways God can provide you with His strength.

What is necessary before you can receive any of the benefits and blessings offered in the Lord's Supper?

What are you telling others as you kneel at the Lord's Table?

PREVIEW OF NEXT WEEK

Next week, we will complete our discussion of the Lord's Supper as we focus on the importance of faith, proper preparation for the Lord's Supper, worthy and unworthy, why our communion practice exists, and our response to receiving the Lord's Supper.

TEST NEXT WEEK

Next week, after we discuss our remaining material on the Lord's Supper, we will have our third test. It will cover all the information related to our discussion of prayer and the Lord's Supper. I encourage you to take your Handouts home this week and review pages 97-130 as you prepare for the test. Pages 131-136, which we will discuss next week, will also be included on the test.

CLOSING PRAYER

ADDITIONAL MEMORY WORK

Outline - Lesson 23

OPENING PRAYER

MEMORY WORK

MEMORY WORK TERMS & APPLICATION: PAGE 131

Terms & Application

❖ “Imprint On The Mind” ❖
(Memory Work)

Office of the Keys III

℞ “Understanding Before Imprinting” ℞
(Defining Terms)

Divine - _____

Exclude - _____

Absolve - _____

Valid - _____

Dealt - _____

📁 “In Simple Terms” 📁
(In Your Own Words)

⌚ **“Using What You Know”** ⌚
(Applying It To Life)

When you repent and want to do better, what will you receive: _____

Why is it helpful to remember that the Pastor’s pronouncement is as if Christ were providing it Himself:

QUIZ TIME

REVIEW QUESTIONS

What is the greatest benefit offered in the Lord’s Supper?

What are two things you can do to live the life God offers through His Sacrament?

Explain two different ways God can provide you with His strength.

What is necessary before you can receive any of the benefits and blessings offered in the Lord’s Supper?

What are you telling others as you kneel at the Lord’s Table?

LESSON OVERVIEW

In our last lesson, we focused on the benefits and the power of the Lord’s Supper as we learned that the greatest benefit is the assurance of forgiveness and that the power of the Lord’s Supper becomes available to us only by faith. Today, we will complete our discussion of the Lord’s Supper as we focus on the importance of faith, proper preparation for the Lord’s Supper, worthy and unworthy, why our communion practice exists, and our response to receiving the Lord’s Supper.

LESSON

As we have discussed the Lord’s Supper, we have mentioned the need for faith several times. Although we have mentioned the term, we need to look at what it actually means to have faith lest we take the Lord’s Supper to our harm.

Turn to page 132 in your Handouts.

(Note: Several of the statements below are not clearly true or clearly false. Instead of expecting a black or white response, they exist to enhance discussion.)

I Have Faith...

Draw an “X” over the number of each false statement below.

1. As long as I am able to say that I have faith, I have faith.
2. Faith is saying Jesus died on the cross for my sins.
3. I have faith when I believe in the Real Presence.
4. I have faith when I attend church regularly.
5. I have faith when what I believe in my heart affects how I live my life.
6. Faith is clinging to the words, “Given and shed for you for the forgiveness of sins,” as a precious reality in my life.
7. I have faith when I trust and rely on my God for all things.
8. I have faith even when I can’t bring myself to believe in the Real Presence.
9. Faith is present when I believe in the benefits and power of the Lord’s Supper.
10. Faith is evident when I go to my God regularly in prayer asking for His guidance.
11. Faith is present when I attend the Lord’s Supper only because it is being offered that Sunday.
12. I have faith when I go through the motions of preparing for the Lord’s Supper.
13. I have faith when I rely on my God to guide me through each day.
14. I have faith when I know in my heart I can’t make it through the day without God’s help.

We can talk about faith, yet faith requires evidence. Where there is no real faith, the Sacrament will be taken to your harm rather than to your benefit. As you attend the Lord’s Supper, always remember the importance of faith. Only where there is genuine faith does the Sacrament provide you with its blessings.

As we discuss the importance of faith, we also need to discuss the need for preparation. When you attend the Lord’s Supper, it’s either received to your benefit or your detriment. There is no third option of it doing nothing. In order to receive His Supper to your benefit, you need to prepare your heart and mind before you kneel at His Table.

Turn to page 133 in your Handouts.

Before I Kneel

Write “yes” or “no” on the line as your response to each statement.

- _____ 1. Before I kneel at the Lord’s Supper, I simply need to believe Jesus is my Savior.
- _____ 2. Before I kneel, I need to take time to reflect and acknowledge to my God that I am a sinner in desperate need of forgiveness.
- _____ 3. Before I kneel, I must convince myself that I am a good person.
- _____ 4. Before I kneel, I need to believe in my heart that Jesus has forgiven all my sins.
- _____ 5. Before I kneel, I simply need to arrive at church and join in worship.
- _____ 6. Before I kneel, I need to clearly understand what I am receiving at the Lord’s Table.
- _____ 7. Before I kneel, I need to ask God to forgive me and intend not to do the same thing again.
- _____ 8. Before I kneel, I need to be truly sorry for my mistakes and sins.
- _____ 9. Before I kneel, I must believe that forgiveness of all my sins is made sure in the Sacrament.
- _____ 10. Before I kneel, I must tell God about each sin I have committed.
- _____ 11. Before I kneel, I need to make it my intention, with the help of the Holy Spirit, to change what needs to change in my life.
- _____ 12. Before I kneel, I must believe I am saved entirely by the grace of God.
- _____ 13. Before I kneel, I need to believe that eternal life in heaven is mine by faith alone.
- _____ 14. Before I kneel, I must do certain things in order to get into good graces with my God.
- _____ 15. Before I kneel, I need to put my total trust for all of my life into the hands of God.

Proper preparation is essential for receiving the Lord’s Supper in a beneficial manner. Those who do not prepare, who do nothing but show up at the Lord’s Table are in danger of receiving Christ’s body and blood to their harm. Those who

have prepared themselves have the assurance that what Christ offers is what they receive at His Table.

The need to prepare for the Lord's Supper reminds us that some are worthy and others are unworthy to receive His Supper.

Turn to the next page in your Handouts as we learn the difference between worthy and unworthy.

Worthy or Unworthy

Circle the number of the statements you believe are true. Be prepared to defend your answers.

1. I am worthy as long as I can say, "I believe in Jesus."
2. To be unworthy means I have committed an unforgivable sin.
3. It is impossible for me to be unworthy to receive the Lord's Supper.
4. If I refuse to admit I have sinned and need God's forgiveness, I remain unworthy to receive His Supper.
5. If I am unwilling to forgive someone else and choose to continue holding a grudge, I am unworthy to receive the Lord's Supper.
6. In order for me to be worthy, I must have faith.
7. If I doubt the Lord's Supper actually forgives me, I am unworthy.
8. If I refuse to forgive someone else, I am saying I don't believe God forgives me which would make me unworthy to receive His Supper.
9. Since kneeling at His Table is an outward expression of faith, those who do not agree with what our church teaches are unworthy to kneel at our altar.
10. Since younger children have not received instruction regarding the Lord's Supper, they are unworthy to receive Christ's body and blood.
11. Christ died for me and I trust Him to forgive me as He has promised. Therefore, I am worthy to receive His Supper.
12. If an individual is unable to recognize their sin and need for their Savior, they are unworthy to receive Christ's body and blood.
13. Elderly people residing in a nursing home are unworthy to receive the Lord's Supper.
14. When my faith is weak, I am unworthy to receive the Lord's Supper.

Being worthy to receive the Lord's Supper should not be taken lightly. Since all who kneel at the Lord's Table receive Christ's body and blood, we need to make sure we receive it in a worthy manner for our benefit rather than in a manner that will be to our harm.

As we kneel at the Lord's Table in a worthy manner, we are also expressing our unity of faith. We are providing outward evidence that what we believe is also what others believe who kneel beside us. For that reason, our church exercises caution regarding those who attend the Lord's Supper. Rather than inviting anyone to commune with us, we only invite those who agree with us in faith. Typically, we only invite those who are members of our sister congregations.

Turn to page 135 in your Handouts so we can learn more about why we invite some to commune with us and why we request others not to commune at our altar.

Why Some, Not Others

Circle the number of each true statement.

1. The reason we restrict who can attend the Lord's Supper at our church is because we want to look better than others.
2. Our communion practice exists to protect those who might receive the Lord's Supper to their harm.
3. Our communion practice is an act of love and care, not a way to exclude individuals from the Sacrament.
4. Those who do not believe in the Real Presence should not receive the Lord's Supper with those who believe in the Real Presence.
5. If we allow anyone to commune at our altar, we create confusion regarding what we believe and teach about Christ's Supper.
6. Since the Lord's Supper is a personal matter, anyone should be welcome at the Lord's Table.
7. To permit anyone to commune at our altar is to say it doesn't matter what you believe regarding the Lord's Supper.
8. Our communion practice makes it far more likely that those who kneel at our altar actually believe they are receiving Christ's body and blood.
9. Our communion practice encourages our own members to remember that the primary benefit received in the Sacrament is forgiveness of sins.
10. If we practice open communion (allowing anyone to commune), we diminish the value we place on Christ's Supper.

11. Since there were no restrictions regarding the Lord's Supper in the New Testament, that proves we have no need for our communion practice today.
12. When an individual is well-fed at their own congregation (when they attend the Lord's Supper regularly in their congregation), there is no real need to commune elsewhere.
13. When a family member is visiting from out of town, it's okay for them to attend the Lord's Supper to show family unity even if they do not agree on their understanding of the Lord's Supper.
14. Oftentimes, when someone objects to our communion practice, it's because they don't understand what occurs at the Lord's Table.

Even though there are many different practices regarding the Lord's Supper, it is appropriate that we continue our practice of close(d) communion so that those who attend the Lord's Supper will be more likely to receive the benefits rather than receiving it to their harm.

Before we leave our discussion of the Lord's Supper, it's appropriate for us to consider how we respond, what we are to do after we receive the Lord's Supper.

Turn to page 136 in your Handouts.

Because I Receive

Read each statement and indicate whether you agree or disagree by writing the letter "A" or "D" on the line.

- _____ 1. Because I receive such wonderful benefits at the Lord's Table, I am encouraged all the more to live my life for Him.
- _____ 2. Because I receive the assurance of forgiveness, I am prepared to offer Him my praise and thanksgiving more often.
- _____ 3. Because I receive power in His Sacrament, I face life with increased boldness and confidence that my God will provide all I need.
- _____ 4. Because I receive Christ within me, I am more determined to do what I know pleases Him.
- _____ 5. Because I receive the true body and blood of Christ at His altar, I am more courageous in my faith.
- _____ 6. Because I receive strength and power from my God, I want to begin each day asking, "What can I do for You today, Lord?"
- _____ 7. Because I receive life through the Sacrament, I have the freedom to live life as I choose.

- _____ 8. Because I receive the promise of eternal life in heaven, I face my struggles confident God will guide me until I reach my home in heaven.
- _____ 9. Because I receive Christ's power, I know I am able to do things I could not have done before I received His Supper.
- _____ 10. Because I receive added proof that I am forgiven, I am more willing and able to forgive those who hurt me.
- _____ 11. Because I receive Christ within me, I have every reason to get out of bed in the morning with a smile on my face.
- _____ 12. Because I receive Christ within me, I can be and remain optimistic in all situations convinced my God is at work every moment.
- _____ 13. Because my faith is strengthened at His Supper, I am determined to offer Him my praise and gratefulness through worship.
- _____ 14. Because I receive all His blessings, I want to live each day convinced I am incredibly blessed by my God.

Because of all we receive at the Lord's Supper, life changes for the better. We have every reason to be people of praise, people determined to live for our Lord, and people who are bold and courageous. As we recall all we receive at His Table, we are able to see and to live life in a new way, in a way that makes it clear that our God is in charge and we like it that way!

REVIEW OF THE DAY

Why is faith so important to your reception of the Lord's Supper?

Why is it necessary to prepare for the Lord's Supper?

Describe two situations that would make someone unworthy to receive the Lord's Supper.

What is the primary reason for our communion practice?

PREVIEW OF NEXT WEEK

Next week, we will move into our discussion of the Ten Commandments or what we will also call the "Ten Principles." We will also look at the First and Second Commandments as we learn how to keep God first in all situations and why its difficult to keep God first. As we discuss the Second Commandment, we will realize how easy it is to break this Commandment, along with ways we can fulfill this basic principle provided by our God.

TEST TIME

As I indicated last week, today we have a test over the material related to prayer and the Lord's Supper. As I did previously, I am sending the test home with you to make better use of our class time. Once again, your Handouts need to remain here and you need to bring the test back to our next class.

CLOSING PRAYER

ADDITIONAL MEMORY WORK

Outline - Lesson 24

OPENING PRAYER

MEMORY WORK

MEMORY WORK TERMS & APPLICATION: PAGE 137

Terms & Application

❖ *“Imprint On The Mind”* ❖
(Memory Work)

Confession I & II

℞ *“Understanding Before Imprinting”* ℞
(Defining Terms)

Confess - _____

Absolution - _____

Forgiveness - _____

Plead - _____

Guilty - _____

 *“In Simple Terms”* 
(In Your Own Words)

⌚ **“Using What You Know”** ⌚
(Applying It To Life)

When you confess your sins and are truly sorry, what will God always do:

How would life be different if you did not know for sure that Christ forgave you:

QUIZ TIME

REVIEW QUESTIONS

Why is faith so important to your reception of the Lord’s Supper?

Why is it necessary to properly prepare for the Lord’s Supper?

Describe two situations that would make someone unworthy to receive the Lord’s Supper.

What is the primary reason for our communion practice?

What are you telling others as you kneel at the Lord’s Table?

LESSON OVERVIEW

In our last lesson, we completed our discussion of the Lord’s Supper as we focused on the need for faith, preparing for the Lord’s Supper, worthy and unworthy, our communion practice, and our response to receiving His Supper. Today, we move into our discussion of the Ten Commandments or the “Ten Principles” as we will also call them. As we do, we will focus on how to keep God first and why it’s difficult to keep God first. We will also look at how we have broken the Second Commandment and how we can fulfill God’s expectations.

LESSON

As we reflect on the material we have discussed so far this year, it might seem odd that the Ten Commandments were not included earlier in our lessons. Yet if we understand the Ten Commandments for what they are, it will make sense that we discuss them now, after we have considered nearly all the other chief parts of our Catechism.

If I asked you to describe the Ten Commandments, what words or phrases would you use?

(Encourage them to offer their ideas.)

(Typically, you will hear words like rules, laws, commands - all having a negative connotation.)

Typically, when we hear the term, "Ten Commandments," we think of a list of rules and regulations, a list of do's and don'ts God has imposed on us.

Yet, that's not what the Ten Commandments are intended to be for the Christian. The word "commandment" in the original Hebrew actually means "words" or "guidelines" or perhaps an even better term would be "principles." The Ten Commandments aren't a list of rules, but a set of basic principles enabling us to live as Christians.

That's why we have saved our discussion of the Ten Commandments until now. After we have understood our sinfulness and God's plan, after we have learned of Baptism and what we believe in our Creed, after we have discussed prayer and the Lord's Supper, we are finally ready to learn about the Ten Principles God gave to guide our lives as Christians. Out of love, not out of anger or to impose ridiculous rules, our Father provided us with ten basic principles on which the entire Christian life can and should be built.

As we begin our study of these ten principles, we need to realize that God gave His principles in two different ways.

First, He wrote basic principles on the hearts of all people. Every person, whether Christian or not, knows certain basic information, basic principles of life. In the mind of the non-Christian, those principles may be easily ignored or overlooked, yet they exist nevertheless.

After the basic principles were written in our hearts, God provided the most significant principles for living in writing, in what we know as the Ten Commandments.

The Ten Commandments are divided into two parts or what we call two tables. The first part, which includes Commandments 1-3, refers to our relationship with our God. The second part focuses on our relationship with each other. With one word, with the word "love," we can summarize all Ten Commandments.

Let's move into our discussion of the First Commandment.

Someone tell me the First Commandment and its explanation.

As you hear those words, what you are to do or not do according to this Commandment?

In simple terms, God says, "Keep Me first." But what does it mean to keep God first?

Turn to page 138 in your Handouts.

In First Place

Read each statement and indicate whether you agree or disagree by writing the letter "A" or "D" on the line.

- _____ 1. I keep God in first place by being fearful of Him and what He might do if I step out of line.
- _____ 2. I keep God in first place by trusting Him to guide me instead of attempting to do things on my own.
- _____ 3. I keep Him in first place by making sure nothing else becomes more important than my God.
- _____ 4. I keep God in first place by worshipping Him on Sunday and choosing my own path during the week.
- _____ 5. I keep God first by depending on Him more than I depend on anything or anyone else.
- _____ 6. I keep God first by valuing my relationship with Him more than I value anything else.
- _____ 7. I keep God in first place by telling Him I love Him and then doing what I want the rest of the time.
- _____ 8. I keep God in first place by refusing to make excuses for being at worship.
- _____ 9. I keep God first by treating Him as my best Friend, as the one I always talk to before I make my decisions.
- _____ 10. I keep God first by trusting God as much as I trust my friends.
- _____ 11. I keep God in first place by choosing not to love someone else more than I love Him.
- _____ 12. I keep God in first place by always remembering that serving God is more important than all the money in the world.
- _____ 13. I keep God in first place by thinking about Him occasionally throughout my day.
- _____ 14. I keep God first by never allowing the importance of my things to exceed the importance of my God.

_____ 15. I keep God in first place by obeying Him because I'm afraid of what He will do if I don't obey Him.

Keeping God first may have sounded like a simple task. Yet, as we have seen, it's not easy to keep God first. Every day, we must make a conscious effort to keep God first, to obey this basic principle.

If we would keep God first in all things, if nothing would ever take His place, if nothing would ever become number one in our minds except God, there would be no need for the other nine Commandments. All the other Commandments exist because God knew we could not keep the first and most important basic principle, that we would not and could not keep God first.

But why is it so difficult to keep God first?

Look at the next page in your Handouts.

It's a Challenge

Circle the number of each true statement. Be prepared to defend your answers.

1. It's not easy to keep God first because the devil is always doing his best to lead me away from my God.
2. It's difficult to keep God first because the world entices me with so many wonderful things.
3. It's not easy to keep God first because my sinfulness naturally wants whatever I want to be in first place.
4. It's not easy to keep God first because it doesn't happen naturally; it always takes great effort.
5. It's difficult to keep God first because people around me are frequently leading me in the wrong direction.
6. It's a challenge to keep God first because I believe it must be right if everyone else is doing it.
7. It's difficult to keep God first because I easily forget what matters most in my life.
8. It's a challenge to keep God first because my friends are often telling me other things are more important.
9. It's not easy to keep God first because I live in a world filled with greed and people who always want more.

10. It's a challenge to keep God first because God doesn't always provide the help I need when I need it.
11. It's not easy to keep God first because God is in heaven instead of walking right beside me in person.
12. It's a challenge to keep God first because I simply forget God must always be first.
13. It's a challenge to keep God first because it's not easy to choose God over the things I really want and think I need.
14. It's a challenge to keep God first because I get so wrapped up in the world that I forget my God.

If it were easy to keep the First Commandment, God wouldn't have made it the most important principle for Christian living. Every day of your life, it will be a challenge to keep God first. With all the information you know about your God and your faith, you are better equipped, yet still unable to keep God first in all situations. Aware that this is the most important principle God gave, you must put forth your best effort every day to make sure God remains in first place.

Before we leave the topic of the First Commandment, let's make a list of things people might value more than God.

(As you ask for their input and put their information on the board, ask them, "Why would someone value that more than God?")

(In your discussion, be sure to include non-tangible things people value more than God such as status, reputation, power, etc. and discuss why people sometimes value such things more than they value their God.)

As we move to the Second Commandment, our discussion turns to God's name. As with the First Commandment, this Commandment may appear easy to obey. We may think, "All I have to do is be careful how I use His name." Yet, as you will see with each of these principles, there is more to each principle than meets the eye.

How might someone misuse God's name and thereby break this Commandment?

(Allow them to offer their ideas; encourage them to think outside the box so they see the broader intent of the Commandment.)

Look at page 140 in your Handouts as we learn different ways we break this Commandment.

Broken Again

In front of each number draw a “+” for each true statement and a “-” for each false statement.

1. I break this Commandment when I use the name of God without thinking.
2. I break this Commandment when I use God’s name in a way that does not bring Him honor.
3. I break this Commandment when I speak God’s name in places other than at church or while I am praying.
4. I break the Second Commandment by using the phrase, “God is my witness that I’m telling the truth.”
5. I break this Commandment when I speak evil about my God or what He has done for me.
6. I break this Commandment when I ridicule God for not doing what I ask of Him.
7. I break this Commandment when I ask God to inflict harm on another person for any reason.
8. I break this Commandment when I ask God to help someone else.
9. I break the Second Commandment when I say things like, “I swear on a stack of Bibles that I didn’t do it.”
10. I would break this Commandment if I were asked to swear at a court hearing.
11. I break this Commandment when I swear an oath regarding something trivial and unimportant.
12. I would break this Commandment if I used God’s name to cast spells or consult the dead.
13. I break this Commandment when I say something is God’s Word yet know it’s not found in His Word.
14. I break this Commandment any time I pretend to be a Christian.
15. I break the Second Commandment by using His name to make something dishonest appear honest.

We might want to believe otherwise, yet we have broken the Second Commandment numerous times. Each time we have done so, we have also broken the heart of our God.

Before we leave the Second Commandment, we need to focus on the positive side, on what God instructs us to do according to this Commandment.

Turn to page 141 in your Handouts.

The Flip Side

Circle the number of each true statement.

1. I obey this Commandment when I try my best to handle life on my own and only ask God for help when I need it.
2. I obey this Commandment when I complain to God when life isn't fair.
3. I obey this Commandment when I take the day-to-day things for granted and thank God for only the significant things.
4. I follow this principle when I begin and end my day talking to God.
5. I follow this principle when I give all my concerns to God and leave them in His hands.
6. I follow this principle when I go to God when I'm facing a tough time before I attempt to do things on my own.
7. I follow this principle when I make prayer a natural part of my life, something I do several times each day.
8. I follow this principle when I intently seek God's help when I am hurting.
9. I follow this principle whenever I begin a new day with a grateful heart.
10. I obey this Commandment when I give God my honor and praise for my talents, my abilities, and all His blessings.
11. I follow this principle when I sing from my heart in worship.
12. I follow this principle when I ask God fully believing He has the power to answer my prayers and to do even more than I ask or imagine.
13. I follow this principle when I praise God for being the awesome God I know He is.
14. I follow this principle when I lift up the name of my God in praise and song.
15. I follow this principle when I thank God on rare occasion for something He has done.
16. I follow this principle of God when I give all my problems to my God and walk away empty-handed.

As we look at the flip side of the Second Commandment, we realize this Commandment offers us wonderful privileges, including the privilege of going to our God in prayer. You may not have realized it in the past, yet the Second Commandment ties directly to the Second Petition of the Lord's Prayer. As we fulfill this principle, we also keep God's name holy as we say in the Lord's Prayer, "Hallowed be Thy name."

In the past, the Second Commandment may have been viewed as yet another rule in God's rule book. Yet this principle offers us a special blessing, the blessing of communicating with our God through prayer.

REVIEW OF THE DAY

Let's take a moment to review before we end our class time.

Why is it appropriate to call the Ten Commandments the "Ten Principles"?

What are two things you can do to keep God first?

Describe two things that make it difficult for you to keep God first?

Name two ways you could break the Second Commandment.


Describe three ways you can follow the Second Commandment.

PREVIEW OF NEXT WEEK


Next week, we will focus on the Third Commandment as we discuss the topic of worship. As we do so, we will learn why worship isn't optional, what worship is, and why we worship. After that, we will focus on the benefits we receive from worship and what occurs as we leave worship each week.

CLOSING PRAYER

ADDITIONAL MEMORY WORK



Outline - Lesson 25



OPENING PRAYER

MEMORY WORK

MEMORY WORK TERMS & APPLICATION: PAGE 142

Terms & Application

❖ “Imprint On The Mind” ❖
(Memory Work)

Confession III

℞ “Understanding Before Imprinting” ℞
(Defining Terms)

Disobedient - _____

Lazy - _____

Quarrelsome - _____

Negligent - _____

📁 “In Simple Terms” 📁
(In Your Own Words)

⌚ **“Using What You Know”** ⌚
(Applying It To Life)

Describe a time when you were rude or argumentative: _____

What benefit is there in knowing your God is a forgiving God:

QUIZ TIME

REVIEW QUESTIONS

Why is it appropriate to call the Ten Commandments the “Ten Principles”?

What are two things you can do to keep God first?

Describe two things that could make it challenging for you to keep God first?

Name two ways you have broken the Second Commandment.

Describe three ways you can follow the Second Commandment.

LESSON OVERVIEW

In our last lesson, we began our discussion of the Ten Commandments. We discussed how to keep God first, why it’s difficult to keep God first, and how we fulfill the second principle God has given. Today, we move to the Third Commandment as we learn about God’s basic principle regarding worship. As we do, we will learn what worship actually is and why we worship. Later in our lesson, we will focus on the blessings of worship and what occurs as we leave worship and return to the real world.

LESSON

The primary focus of the Third Commandment is on worship. God created us for worship. We give Him the greatest honor possible by offering Him our praise and thanksgiving in worship. God also enjoys hearing our worship. Beyond that, God expects His people to gather for worship, and, if that isn’t enough motivation, God also commands us to worship.

Contrary to what some think, worship is not optional. It has never been optional and never will be. It is no more optional than breathing. Worship is what God's people do.

Look at page 143 in your Handouts.

Not an Option

Circle the number of each true statement as it relates to worship.

1. Worship is not optional because God created me for the purpose of worshipping Him.
2. Worship is not optional for me because, at worship, God provides what I need for the week ahead.
3. Worship is not optional for me because, through worship, God re-energizes me for the week to come.
4. Worship is not optional because I always need to hear His public pronouncement for forgiveness.
5. Worship is not optional because God gives me no choice but to worship Him.
6. Worship is not optional for me because I need the personal assurance of forgiveness offered in the Lord's Supper.
7. Worship is not optional for me because God designed worship as an avenue for offering me His blessings.
8. Worship is not optional because I believe God knows best and worship is what God has instructed me to do.
9. Worship is not optional for me because God surely deserves all the praise I can offer Him at worship.
10. Worship isn't optional for me because God offers me His most precious blessings while I'm at worship.
11. Worship is not optional for me because it is one way I know I am pleasing my God.
12. Worship isn't optional for me because God will get angry and do harm to me if I'm not at worship.
13. Worship isn't optional because I know God will punish me during the week if I'm not at worship.
14. Worship isn't optional for me because I know I need the forgiveness He offers at worship.

15. Worship isn't optional for me because I can't think of a better way to give honor to my God.

Worship isn't optional. It's expected. It's what God created us to do as our response to His great work in us. Whenever you have the opportunity, God wants and expects to see you at worship. You can give God no higher honor than the praise You offer Him as you worship.

Realizing worship is an expectation, we need to ask an important question, "What is worship?" It may sound like a question that doesn't need to be asked, yet if we don't understand what worship is, we will fail to realize the importance of worship and fail to actually worship as we gather for our services.

Who brought their definitions of worship as their extra credit?

(Discuss as time permits. Emphasize those parts of their definitions that belong to a proper understanding of worship.)

If we were to define worship in a single sentence, we could say that worship is gathering with fellow believers to confess, receive God's assurance of forgiveness, and offer Him our praise and thanksgiving as we lift up our God and give Him the honor He surely deserves.

Turn to page 144 in your Handouts so we can look at our definition more carefully.

Worship Is...

Read each statement and indicate whether you agree or disagree by writing the letter "A" or "D" on the line.

- _____ 1. Worship is something I do to earn blessings from God.
- _____ 2. Worship is God's idea imprinted into my heart which benefits both God and me.
- _____ 3. Worship is what good Christians do.
- _____ 4. Worship is an opportunity to be reminded of my sinfulness, my need for God, and to praise Him for forgiving me.
- _____ 5. Worship is gathering together for the express purpose of honoring my God.
- _____ 6. Worship is where I receive the most profound assurance that God has forgiven me.
- _____ 7. Worship is where God offers me His very body and blood as proof that all my sins are forgiven.

- _____ 8. Worship is going through the motions without really concentrating on what is occurring.
- _____ 9. Worship is where God encourages me by surrounding me with other Christians who have also been blessed by God.
- _____ 10. Worship is a great honor and privilege God has given me even though I deserve nothing.
- _____ 11. Worship is my opportunity to sing my heart out as my expression of appreciation for all God's blessings.
- _____ 12. Worship is where God offers me what I need for the week ahead even when I do nothing more than go through the motions.
- _____ 13. Worship is where I lift up my God by actively participating throughout the entire service.
- _____ 14. Worship is one of the best ways I can give honor and glory to my God.
- _____ 15. Worship is what God's people do.

Worship is what God's people do. If you claim to be a Christian, you will worship your God. You will do whatever it takes to have that opportunity and privilege of gathering in His house regularly to give Him honor and praise.

Now that we have a fuller understanding of what worship is, we need to consider why we worship.

Turn to the next page in your Handouts.

I Worship Because...

Draw a star in front of the number of each statement that indicates why you worship.

1. I worship because I have no choice. If I don't God will punish me.
2. I worship because God may send me to hell if I don't worship Him.
3. I worship because I want to worship, because it's what my heart leads me to do.
4. I worship because I desperately need to hear His word of forgiveness pronounced by the Pastor in the place of Christ.
5. I worship because I love my Lord and cannot imagine doing anything but worshipping Him on Sunday morning.

6. I worship because God expects me to worship. I do it because I don't want to disappoint my God.
7. I worship because God deserves my worship for all He does for me.
8. I worship because it's my opportunity to offer Him my praise through song.
9. I worship because being surrounded by other Christians also benefits me.
10. I worship because it's what I do; I always know God is waiting for me to worship Him.
11. I worship because my parents tell me I must worship and for no other reason.
12. I worship because I know my week will go much better when I spend time worshipping my God.
13. I worship because I know God will give me blessings at worship that I would not receive otherwise.
14. I worship because it gives me great joy to know I am pleasing my God.
15. I worship because I am convinced God will speak to me through His Word and the Pastor's message.
16. I worship because there is no greater joy in my life than being in the presence of my God.

Worship is what God's people do because worship is where God meets us. Worship offers far more benefits than any of us will ever realize. When we remember why we are at worship, we will never leave disappointed. Instead, we will always leave feeling incredibly blessed by God.

Worship definitely has its benefits, benefits that enrich our lives in ways beyond our understanding. Turn to page 146 in your Handouts as we consider some of the benefits we receive as we worship.

Beneficial Benefits

Circle the number of each statement below that indicates a benefit or blessing you receive from worship.

1. At worship, God offers me the forgiveness of all my sins.
2. At worship, God strengthens my faith so I am able to face what is ahead even when it may be unknown to me.
3. At worship, my Lord encourages my heart as He surrounds me with others who are there for the same reason.

4. At worship, my Lord promises to listen to my concerns and answer as He knows best.
5. At worship, my God assures me that I belong to His family, that He will always protect and guide me.
6. At worship, God offers me personal proof that every sin in my past is forgiven.
7. At worship, my Lord relieves my burdens and fills my emptiness with joy.
8. At worship, my God demonstrates His incredible love toward me in ways that are truly amazing.
9. At worship, my God prepares me to face the week ahead with confident trust that He will always be at my side.
10. At worship, my God guarantees that every day in the week ahead will be wonderful.
11. At worship, my God assures me that He will walk beside me through whatever lies ahead.
12. At worship, my God puts joy and gladness in my heart that would not exist otherwise.
13. At worship, my Lord wraps His loving arms around me and says, "I love you!"
14. At worship, my God promises to bless me in the week ahead in ways I will never fully realize.
15. At worship, my Lord offers to carry my burdens and enable me to face life with increased joy and enthusiasm.

We may want to think worship is something we do for God's benefit. Yet, worship offers us numerous benefits. Through our active participation in worship, God pours out blessings beyond anything we could create or imagine.

Since all we have discussed thus far today about worship is true, what should occur as we leave worship and return to the real world?

Turn to page 147 in your Handouts.

The Real World

Write “yes” or “no” on the line in front of each statement based on whether it is something that does or does not occur as you leave worship and re-enter the real world.

- _____ 1. As I leave worship, I sense a strength and determination that did not exist previously.
- _____ 2. As I leave worship, I find myself comforted and encouraged to face what lies ahead.
- _____ 3. As I leave, I feel relieved because I know my mistakes are all forgiven and forgotten by my God.
- _____ 4. As I leave, I feel refreshed and re-energized to face the week ahead.
- _____ 5. As I leave, I find myself already looking forward to returning next week.
- _____ 6. As I leave, I sense God in my heart leading and guiding my life.
- _____ 7. As I leave, I know with confidence God will bring me through the week ahead and enable me to return to worship Him.
- _____ 8. As I leave, I find a joy in my heart that improves my attitude and outlook on life.
- _____ 9. As I leave, I feel connected to my God in a way that will lead me to talk to Him often during my week.
- _____ 10. As I leave, I feel no different than when I came. Life merely returns to normal.
- _____ 11. As I leave, my approach toward life’s challenges changes as I consider how my God would want me to face each challenge.
- _____ 12. As I leave, I find a sense of gratefulness and praise that leads me to offer praises to my God throughout the week.
- _____ 13. As I leave, I feel God’s loving arms wrapped around me protecting me as I live in the real world.
- _____ 14. As I leave, I know in my heart God will never leave my side no matter what I do or what happens to me.
- _____ 15. As I leave, I am more aware of God’s presence and watching intently for His intervention.

Worship doesn’t end when our Sunday service ends. The blessings and benefits carry on through the week, as does our eagerness to offer God our worship. As we go through our week, our hearts remind us of the need to return next Sunday

where we will receive God's blessings and be prepared to face another week in the real world.

REVIEW OF THE DAY

Give two reasons why worship is not optional in your life.

Define worship in your own words.

What two reasons could you give for worshipping your God?

What are three benefits that occur as you worship?

What are two things you know as you leave worship each week?

PREVIEW OF NEXT WEEK

Next week, we continue our discussion of the Third Commandment by considering how we disappoint and bring honor to our God. The remainder of our time will focus on the Church Year and our common worship liturgies.

CLOSING PRAYER

ADDITIONAL MEMORY WORK

