

## HOLY COMMUNION—OUR BELIEF AND PRACTICE

Holy Communion is a special meal instituted by Jesus Christ for committed and confirmed Christians. Those planning to commune should ask themselves the following questions and may also read the Bible references which explain the questions.

1. Do I believe I am a sinner and am I sorry for my sins? (*Romans 3:12; 1 John 1:8-9*)
2. Do I believe that Jesus offers forgiveness for my sins? (*Romans 5:6-8; Colossians 2:13*)
3. Do I believe that the body & blood of Christ are truly present in the Sacrament? (*1 Cor. 10:16; 1 Cor. 11:23-26*)
4. Do I resolve grievances with my brothers and sisters in Christ before coming to Holy Communion? (*Matthew 5:23-24*)
5. Do I desire and intend to walk more closely with my Lord and change my sinful behavior, with the help of the Holy Spirit? (*Romans 6:11-12; 1 Peter 4:1-2; 1 Corinthians 15:34*)

A very helpful exercise is to ask yourself the “Christian Questions & Answers” on pp. 329-330 of the hymnal *Lutheran Service Book* (copy available from Pastor). If you cannot answer ‘yes’ to the questions above, if you believe you need more information, or if you are unsure if you share the faith proclaimed at St. Paul Lutheran Church, please talk to the Pastor or an elder before communing, since participating without a proper understanding for Holy Communion is spiritually unwise (*1 Cor. 11:28-29*).

If you are physically unable to come forward for Communion, let an usher know of your wish to be served in your seat. Please sit in an ‘aisle seat’ and Communion will be brought to you.

For those who do not wish to receive alcohol, please note that the red wine in the center of the tray is non-alcoholic. Children not yet communing are encouraged to come forward and are asked to fold their hands across their chest to indicate that they should not be served.