

# A LUTHERAN WELCOME TO HOLY COMMUNION



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# God Comes to Us

The risen Jesus is already present everywhere. Holy Communion is a public time and place where he promises to be present for each of us in bread, wine, and Word.

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When Jesus was born, God arrived in human form and human history. Holy Communion is the time and place Jesus shows up in the earthly elements of bread and wine.

These elements combine with God's Word to form what we call a sacrament. (Baptism is the other sacrament in the Lutheran church.) We believe these sacraments heal hearts, create faith, and bestow freedom.

In Holy Communion, we receive Jesus' promise of forgiveness with the bread and wine. We trust that Jesus meant what he said when he told his friends he would be with them always.





Communion is a meal of abundance. The Word enters real eyes and ears, the wine and bread nourish real bodies, and there is more than enough for all. This meal links those who receive it to form and feed a community of people who are named as the body of Christ for the world.

By establishing this meal as the place of Christian remembering, rejoicing, and hope, Jesus made it clear that he is reliably present right here, where all are welcomed and each person is made whole. If you are looking for God, come to the table.



In sacraments  
— God comes  
to us in  
the very  
ordinary.

Are we really eating Jesus?

Yes. We trust him when he says, “This is my body.” We claim no secret knowledge of exactly how God makes this possible. The bread and wine of communion carry God’s word of forgiveness past our lips as well as beyond our limited understanding. We take Jesus at his word. We eat the meal. We get the gift. Chew on that.