

Dear friend,

This booklet was designed as an interactive tool to introduce you to the biblical teaching concerning the sacraments as practiced in this church.

The Bible is the only rule for what we are to believe and how the church is to function. We trust this booklet will demonstrate how our teaching and practice concerning the sacraments come from the Bible and are not an invention of man.

You will need a pencil (or pen) for this study. There are blank spaces that you are to fill in based upon the Scripture passages that appear after the blank. We encourage you to meditate upon the Scripture passages and how they teach what we practice.

All quotations from the Bible are in italics and are taken from the English Standard Version.

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## I. What Do We Mean By “Sacraments”?

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We **hear** the preaching, but the sacraments are for us to **see**. They do not contain something added to Gospel preaching but present the same truth in a different way.

God instituted the sacraments so that by our use of them he might give a \_\_\_\_\_ of the promise of the Gospel (in order to have us understand the Gospel more clearly) and might put his \_\_\_\_\_ on that promise (in order to assure us that we personally share in Christ).

*[Abraham] received the sign of circumcision as a seal of the righteousness that he had by faith while he was still uncircumcised.*  
Rom. 4:11a

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## II. How Many Sacraments Are There?

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Jesus instituted **two** sacraments in the New Covenant church: \_\_\_\_\_ sm and the Lord’s \_\_\_\_\_ (also called “Communion”). He instituted the sacraments by commanding the church to \_\_\_ these things.

*Jesus came and said to them, “All authority in heaven and on earth has been given to me. Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit...”*  
Matt. 28:18-19

*The Lord Jesus on the night when he was betrayed took bread, and when he had given thanks, he broke it, and said, “This is my body which is for you. Do this in remembrance of me.” In the same way also he took the cup, after supper, saying, “This cup is the new covenant in my blood. Do this, as often as you drink it, in remembrance of me.” For as often as you eat this bread and drink the cup, you proclaim the Lord’s death until he comes.*  
1 Cor. 11:23b-26

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### III. What Is The Focus Of The Sacraments?

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The focus of the sacraments is on the Gospel, on the \_\_\_\_\_ of Jesus Christ on Calvary's cross as being the only ground of our salvation. Through the sacraments the Holy Spirit assures us that our entire salvation rests on Christ's one sacrifice for us on the cross.

*Do you not know that all of us who have been baptized into Christ Jesus were baptized into his death?*  
Rom. 6:3

*For as often as you eat this bread and drink the cup, you proclaim the Lord's death until he comes.*  
1 Cor. 11:26

While we declare our commitment to God by using the sacraments, the focus of the sacraments is **not** on our commitment to God but on God's Gospel promise to believers of \_\_\_\_\_ in Christ because of his death. Therefore, we call the sacraments "means of grace," for they are ways God uses to strengthen faith within our hearts, and it is only through faith in Jesus that we receive the gracious salvation he obtained for us.

*Repent and be baptized every one of you in the name of Jesus Christ for the forgiveness of your sins.*  
Acts 2:38

*Jesus took bread, and after blessing it broke it and gave it to the disciples, and said, "Take, eat; this is my body." And he took a cup, and when he had given thanks he gave it to them, saying, "Drink of it, all of you, for this is my blood of the covenant, which is poured out for many for the forgiveness of sins."* Matt. 26:26b-28

Now we will consider the sacraments more directly, beginning with the sacrament of holy baptism.

## HOLY BAPTISM

### I. How Should Someone Be Baptized?

Jesus instituted baptism as an outward washing with \_\_\_\_\_, and so water should be applied to the one being baptized. However, the specific method (or mode) of applying the water to someone has **not** been commanded, and so it is allowable to sprinkle, pour, or immerse.

*“Can anyone withhold water for baptizing these people, who have received the Holy Spirit just as we have?”*  
Acts 10:47

While the act of baptism is occurring, the minister ought to declare, according to the institution of Christ, that this baptism is in the \_\_\_\_\_ of the Triune God, that is, of the \_\_\_\_\_ and of the \_\_\_\_\_ and of the \_\_\_\_\_.

*Jesus came and said to them, “All authority in heaven and on earth has been given to me. Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, teaching them to observe all that I have commanded you. And behold, I am with you always, to the end of the age.”*  
Matt. 28:18-20

Since the \_\_\_\_\_ in baptism is a sign of \_\_\_\_\_, which occurs once in someone’s life, a person ought to receive only \_\_\_\_\_.

*He saved us, not because of works done by us in righteousness, but according to his own mercy, by the washing of regeneration and renewal of the Holy Spirit.*  
Titus 3:5

*There is one body and one Spirit- just as you were called to the one hope that belongs to your call - one Lord, one faith, one baptism, one God and Father of all, who is over all and through all and in all.*  
Eph. 4:4-6

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## II. How Baptism Serves As A Sacrament

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The outward washing is a **sign** that as surely as water washes away the dirt from the body so certainly Christ's blood and his Spirit \_\_\_\_\_ my \_\_\_\_\_, which are the impurity of the soul.

*Rise and be baptized and wash away your sins, calling on his name.* Acts 22:16b

The outward washing is a **seal** that as surely as I receive this water upon me so certainly Christ's blood and his Spirit wash away my sins. The washing away of my sins spiritually is as real as the physical washing with water; I am to be assured that **my** sins \_\_\_\_\_ been forgiven for the sake of \_\_\_\_\_'s shed blood.

*For as many of you as were baptized into Christ have put on Christ.* Gal. 3:27

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## III. Does The Outward Washing Wash Away Sins?

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Only Christ's blood and Spirit cleanse from all sins. The outward washing with \_\_\_\_\_ is a sign and seal of spiritual washing with Christ's blood and the \_\_\_\_\_.

*John answered them all, saying, "I baptize you with water, but he who is mightier than I is coming, the strap of whose sandals I am not worthy to untie. He will baptize you with the Holy Spirit and with fire."* Luke 3:16

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#### IV. The Spiritual Washing Away Of Sins

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Being washed spiritually with Christ's \_\_\_\_\_ washes away sins because God, by grace, \_\_\_\_\_s my \_\_\_\_\_ (or, sins) because of Christ's blood poured out for me in his sacrifice on the cross.

*In him we have redemption through his blood, the forgiveness of our trespasses, according to the riches of his grace.* Eph. 1:7

Being \_\_\_\_\_ spiritually with Christ's \_\_\_\_\_ washes away sins because the Holy Spirit renewed me and set me apart to be a member of \_\_\_\_\_ so that more and more I become dead to sin and increasingly live a holy and blameless \_\_\_\_\_.

*But you were washed, you were sanctified, you were justified in the name of the Lord Jesus Christ and by the Spirit of our God.* 1 Cor. 6:11

*We were buried therefore with him by baptism into death, in order that, just as Christ was raised from the dead by the glory of the Father, we too might walk in newness of life.* Rom. 6:4

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#### V. Who Should Be Baptized?

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\_\_\_\_\_ of Jesus are to be \_\_\_\_\_ed. Baptism marks the beginning of discipleship.

*And Jesus came and said to them, "All authority in heaven and on earth has been given to me. Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, teaching them to observe all that I have commanded you. And behold, I am with you always, to the end of the age."* Matt. 28:18-20

Discipleship is for those who are \_\_\_\_\_rs and their \_\_\_\_\_s; these persons ought to be \_\_\_\_\_, that is, the whole \_\_\_\_\_.

*Then he brought them out and said, "Sirs, what must I do to be saved?" And they said, "Believe in the Lord Jesus, and you will be saved, you and your household." And they spoke the word of the Lord to him and to all who were in his house. And he took them the same hour of the night and washed their wounds; and he was baptized at once, he and all his family. Then he brought them up into his house and set food before them. And he rejoiced along with his entire household that he had believed in God.* Acts 16:30-34

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## VI. Why We Baptize Infants Of Believers

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Baptism is a sign and seal of the \_\_\_\_\_ God grants and not merely a testimony to one's own \_\_\_\_\_. \_\_\_\_\_ as well as adults are in God's covenant and are his people; as Jesus himself said, the \_\_\_\_\_ belongs to children. Therefore, the \_\_\_\_\_ of sins through Christ's blood and the Holy \_\_\_\_\_ who produces faith are \_\_\_\_\_d to \_\_\_\_\_ no less than to adults.

*[Abraham] received the sign of circumcision as a seal of the righteousness that he had by faith while he was still uncircumcised.* Rom. 4:11a

*Jesus said, "Let the little children come to me and do not hinder them, for to such belongs the kingdom of heaven."* Matt. 19:14

*Peter said to them, "Repent and be baptized every one of you in the name of Jesus Christ for the forgiveness of your sins, and you will receive the gift of the Holy Spirit. For the promise is for you and for your children and for all who are far off, everyone whom the Lord our God calls to himself."* Acts 2:38-39

By baptism, the mark of the covenant, \_\_\_\_\_ should be received into the Christian church and should be distinguished from the children of unbelievers, who are spiritually \_\_\_\_\_. This receiving into the church was done in the Old Testament by being \_\_\_\_\_, which was replaced in the New Testament by \_\_\_\_\_.

*The unbelieving husband is made holy because of his wife, and the unbelieving wife is made holy because of her husband. Otherwise your children would be unclean, but as it is, they are holy.* 1 Cor. 7:14

*God said to Abraham, "As for you, you shall keep my covenant, you and your offspring after you throughout their generations. This is my covenant, which you shall keep, between me and you and your offspring after you: Every male among you shall be circumcised. You shall be circumcised in the flesh of your foreskins, and it shall be a sign of the covenant between me and you. He who is eight days old among you shall be circumcised. Every male throughout your generations, whether born in your house or bought with your money from any foreigner who is not of your offspring, both he who is born in your house and he who is bought with your money, shall surely be circumcised. So shall my covenant be in your flesh an everlasting covenant. Any uncircumcised male who is not circumcised in the flesh of his foreskin shall be cut off from his people; he has broken my covenant."* Gen. 17:9-14

*In him also you were circumcised with a circumcision made without hands, by putting off the body of the flesh, by the circumcision of Christ, having been buried with him in baptism, in which you were also raised with him through faith in the powerful working of God, who raised him from the dead. And you, who were dead in your trespasses and the uncircumcision of your flesh, God made alive together with him, having forgiven us all our trespasses, by canceling the record of debt that stood against us with its legal demands.* Col. 2:11-14a

## THE LORD'S SUPPER

### I. How Should The Lord's Supper Be Celebrated?

Jesus instituted \_\_\_\_\_ and a \_\_\_\_\_ containing wine, which believers are to eat and drink in \_\_\_\_\_ of his sacrificial death on the cross.

*For I received from the Lord what I also delivered to you, that the Lord Jesus on the night when he was betrayed took bread, and when he had given thanks, he broke it, and said, "This is my body which is for you. Do this in remembrance of me." In the same way also he took the cup, after supper, saying, "This cup is the new covenant in my blood. Do this, as often as you drink it, in remembrance of me." For as often as you eat this bread and drink the cup, you proclaim the Lord's death until he comes.*

1 Cor. 11:23-26

Jesus used unleavened bread, but since the early church used ordinary bread it does not matter what type of bread is used (leavened or unleavened); however, ordinary bread should be used and not some other type of food.

Jesus used wine, and the early church used wine; consequently, wine ought to be used rather than some other liquid.

Since the Lord's Supper is a means by which God confirms believers' faith, it ought to be celebrated regularly, but Scripture does not specify how often.

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## II. How Communion Serves As A Sacrament

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The broken bread and the cup of wine serve as a two-fold **sign**. **First**, as the bread is broken and the cup is given, so Christ's \_\_\_\_\_ was \_\_\_\_\_ and broken and his blood was \_\_\_\_\_ on the cross. **Second**, as bread and wine nourish our temporal life, so Christ's crucified \_\_\_\_\_ (or, body) and poured-out blood truly nourish our souls for \_\_\_\_\_.

*And he took bread, and when he had given thanks, he broke it and gave it to them, saying, "This is my body, which is given for you. Do this in remembrance of me." And likewise the cup after they had eaten, saying, "This cup that is poured out for you is the new covenant in my blood."* Luke 22:19-20

*I am the living bread that came down from heaven. If anyone eats of this bread, he will live forever. And the bread that I will give for the life of the world is my flesh... Whoever feeds on my flesh and drinks my blood has eternal life, and I will raise him up on the last day. For my flesh is true food, and my blood is true drink.* John 6:51, 54-55

The \_\_\_\_\_ of wine and the broken \_\_\_\_\_ also serve as a **seal** that as surely as our mouths receive these holy signs in his remembrance, we, through the Holy Spirit's work, \_\_\_\_\_e in his true \_\_\_\_\_ and blood and that, because we are \_\_\_\_\_ with him, all of his suffering and obedience are as certainly ours as if we personally had suffered and paid for our \_\_\_\_\_s.

*The cup of blessing that we bless, is it not a participation in the blood of Christ? The bread that we break, is it not a participation in the body of Christ? Because there is one bread, we who are many are one body, for we all partake of the one bread.* 1 Cor. 10:16-17

*For if we have been united with him in a death like his, we shall certainly be united with him in a resurrection like his. We know that our old self was crucified with him in order that the body of sin might be brought to nothing, so that we would no longer be enslaved to sin... So you also must consider yourselves dead to sin and alive to God in Christ Jesus.* Rom. 6:5-6, 11

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### III. Do The Substances Of Bread And Wine Change?

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Just as the water of baptism is not changed into Christ's blood and does not itself wash away sins but is simply God's sign and assurance, so too we eat earthly, real \_\_\_\_\_ and drink earthly, real wine from the \_\_\_\_\_; and so these are not changed into the actual body and blood of Christ even though they are called the \_\_\_\_\_ and \_\_\_\_\_ of the Lord.

*For as often as you eat this bread and drink the cup, you proclaim the Lord's death until he comes. Therefore, whoever eats the bread or drinks the cup of the Lord in an unworthy manner will be guilty of sinning against the body and blood of the Lord.*  
1 Cor. 11:26-27

Even still, in the sacrament, it is proper to say that by the work of the Holy Spirit true believers really \_\_\_\_\_ Christ's \_\_\_\_\_ (body) and \_\_\_\_\_ his \_\_\_\_\_. The celebration of the Lord's Supper is more than a mere mental exercise for the believer.

*So Jesus said to them, "Truly, truly, I say to you, unless you eat the flesh of the Son of Man and drink his blood, you have no life in you. Whoever feeds on my flesh and drinks my blood has eternal life, and I will raise him up on the last day. For my flesh is true food, and my blood is true drink. Whoever feeds on my flesh and drinks my blood abides in me, and I in him."*  
John 6:53-56

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## IV. Eating And Drinking Christ's Body And Blood

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To eat the crucified body of Christ and to drink his poured-out blood means two things. **First**, it means to accept with a \_\_\_\_\_ing heart the entire suffering and death of Christ and through believing to receive forgiveness of sins and \_\_\_\_\_.

*"For this is the will of my Father, that everyone who looks on the Son and believes in him should have eternal life, and I will raise him up on the last day... Truly, truly, I say to you, unless you eat the flesh of the Son of Man and drink his blood, you have no life in you. Whoever feeds on my flesh and drinks my blood has eternal life, and I will raise him up on the last day."*  
John 6:40, 53-54

**Second**, the manner of eating Christ's body and drinking his blood is Spiritual, through faith; it is **not** a carnal eating. This means that through the Holy \_\_\_\_\_, who lives both in \_\_\_\_\_ and in believers, we are united more and more to Christ's blessed body. And so, although he is in heaven and we are on earth, we are \_\_\_\_\_ of his \_\_\_\_\_. Therefore, only believers truly eat Christ's body and drink his blood; those who eat and drink in an \_\_\_\_\_ manner, not \_\_\_\_\_ the body, eat and drink \_\_\_\_\_ on themselves.

*You, however, are not in the flesh but in the Spirit, in fact the Spirit of God dwells in you. Anyone who does not have the Spirit of Christ does not belong to him. But if Christ is in you, although the body is dead because of sin, the Spirit is life because of righteousness. If the Spirit of him who raised Jesus from the dead dwells in you, he who raised Christ Jesus from the dead will also give life to your mortal bodies through his Spirit who dwells in you.*  
Rom. 8:9-11

*For no one ever hated his own flesh, but nourishes and cherishes it, just as Christ does the church, because we are members of his body.*  
Eph. 5:29-30

*Whoever, therefore, eats the bread or drinks the cup of the Lord in an unworthy manner will be guilty of profaning the body and blood of the Lord. Let a person examine himself, then, and so eat of the bread and drink of the cup. For anyone who eats and drinks without discerning the body eats and drinks judgment on himself.*  
1 Cor. 11:27-29

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## V. Who Should Come To The Lord's Table

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When Jesus instituted the Lord's Supper, he did so by celebrating it with those who had been his \_\_\_\_\_ for some time. This shows that a level of spiritual maturity is required, which is not required for baptism (since even infants are to be baptized). In order to partake of the Lord's Supper one must be able to \_\_\_\_\_ himself if he \_\_\_\_\_s the \_\_\_\_\_ of Christ.

*Now as they were eating, Jesus took bread, and after blessing it broke it and gave it to the disciples, and said, "Take, eat; this is my body." And he took a cup, and when he had given thanks he gave it to them, saying, "Drink of it, all of you, for this is my blood of the covenant, which is poured out for many for the forgiveness of sins."*  
Matt. 26:26-28

*Let a person examine himself, then, and so eat of the bread and drink of the cup. For anyone who eats and drinks without discerning the body eats and drinks judgment on himself.*  
1 Cor. 11:28-29

An appropriate self-examination has three parts: (1) the partaker is displeased with himself because of his sins, (2) but he nevertheless trusts that his sins are forgiven and his continuing spiritual weakness is covered by the suffering and death of Christ, and (3) he desires more and more to strengthen his faith and to lead a better life.

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## VI. "Fencing" The Lord's Table

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God instituted Communion to be celebrated by those who are in his \_\_\_\_\_ and are his people. God did not design Communion to be celebrated by those who are unbelieving and ungodly.

*"Offer to God a sacrifice of thanksgiving, and perform your vows to the Most High, and call upon me in the day of trouble; I will deliver you, and you shall glorify me." But to the wicked God says: "What right have you to recite my statutes or take my covenant on your lips? For you hate discipline, and you cast my words behind you."*  
Psa. 50:14-17

Because the \_\_\_\_\_ is the covenant community and the assembly of God's people, only those who are faithful **members** of a faithful Christian church should be invited to partake of Communion, for God assures them of his \_\_\_\_\_.

*To the church of God that is in Corinth, to those sanctified in Christ Jesus, called to be saints together with all those who in every place call upon the name of our Lord Jesus Christ, both their Lord and ours: Grace to you and peace from God our Father and the Lord Jesus Christ.*  
1 Cor. 1:2-3

Biblical church membership involves accountability. The church \_\_\_\_\_ are to pay \_\_\_\_\_ attention to the members of the \_\_\_\_\_ to watch over their \_\_\_\_\_, being \_\_\_\_\_ able to God for their confession and conduct.

*Now from Miletus [Paul] sent to Ephesus and called the elders of the church to come to him. And when they came to him, he said to them: "...Pay careful attention to yourselves and to all the flock, in which the Holy Spirit has made you overseers, to care for the church of God, which he obtained with his own blood."*  
Acts 20:17-18a, 28

*Obey your leaders and submit to them, for they are keeping watch over your souls, as those who will have to give an account. Let them do this with joy and not with groaning, for that would be of no advantage to you.*

*Heb. 13:17*

The elders are duty-bound to exclude from Communion those who show by what they say or do that they are unbelieving and ungodly. Such persons are partakers of the table of \_\_\_\_\_ and must therefore be excluded from the Table of the \_\_\_\_\_; this is called “fencing the Table.” If the elders would invite the wicked to the Lord’s Table it would dishonor God’s covenant and bring down God’s \_\_\_\_\_ on the entire congregation of those who have \_\_\_\_\_ to celebrate Communion.

*You cannot drink the cup of the Lord and the cup of demons. You cannot partake of the table of the Lord and the table of demons.*

*1 Cor. 10:21*

*Whoever, therefore, eats the bread or drinks the cup of the Lord in an unworthy manner will be guilty of profaning the body and blood of the Lord. Let a person examine himself, then, and so eat of the bread and drink of the cup. For anyone who eats and drinks without discerning the body eats and drinks judgment on himself. That is why many of you are weak and ill, and some have died. But if we judged ourselves truly, we would not be judged. But when we are judged by the Lord, we are disciplined so that we may not be condemned along with the world.*

*1 Cor. 11:27-32*

*But in the following instructions I do not commend you, because when you come together it is not for the better but for the worse.*

*1 Cor. 11:17*

When Communion is celebrated according to God’s commands the death of the Lord is proclaimed rightly and the congregation experiences a great blessing.

## CONCLUSION

We trust that this introduction to the sacraments has shown from the Bible how we are to understand the sacraments and use them in the church.

Although the sacraments themselves do not do anything, they are visible signs and seals of an inward and invisible thing, by means of which God works in us by the power of the Holy Spirit. The signs are not empty or meaningless so as to deceive us, for Jesus Christ is the true object presented by them, without whom they would be nothing. By instituting the sacraments for us, our gracious God has taken account of our spiritual weakness and uses the sacraments to seal unto us his promises, to be pledges of His good will and grace toward us, as well as to nourish and strengthen our faith.

May the Lord be glorified and his people built up spiritually by the proper understanding and use of the sacraments.