

Sacraments Retreat

Leader Packet

Means of Grace

1. Make a list of all the things in your house that won't work unless they are plugged in to the outlet.

Your list will be very large. The idea is that in order for the appliance to work power needs to be DELIVERED to it via a cord or batteries. The appliance will not work unless it is connected to a power source.

As we look at the Means of Grace we will find out the way in which God's love, forgiveness, strength for our faith and life are DELIVERED to us.

2. Means of grace

- Means = **Delivery method**
- Grace = **Undeserved love**
- Means of Grace = **God delivering undeserved love**

3. There are 2 means of Grace:

- **Word** and **sacrament**

We will find out later that God's Word delivers the good news of grace that was given to us and that word has power when combined with physical elements (water, bread & wine) in the sacraments.

Word of God

1. The Word of God

- 2 Peter 1:21
- 2 Timothy 3:16
 - The Bible **is** God's word; it doesn't just **contain** God's word.

This is very important to understand. If the Bible just contains God's word, then we have a dilemma on our hands. What part of the Bible is God's word and therefore we should take serious and which part is not and we can discard? Are the commandments God's word? What about what Jesus did? We believe that it is God's word and therefore we can trust all of it and not just part of it.

- Inspiration = **God-breathed**
- Written by **men** but **inspired** by God.
- Written by men – unique **style**
- Inspired by God – even the **words** used

If we look at the Gospels we find that all four of them are written by different men. Although this is true we also see that they are accurate and agree with each other. As you read them you will see that they each had different audiences they were writing to. Luke was a doctor and a lot of his book focuses on those who are sick and in need of healing. He is very methodical in his writing. Mark starts his Gospel at Jesus' baptism and focuses on the power that Jesus has. You see a lot of miracles in his Gospel. Each man used their unique styles in writing the words were inspired by God and therefore are God's words.

Catechism page 35

2. John 20: 31

- The Word of God is a **means** of **grace**

3. The Bible leads all people to **know** and **believe** in Jesus as their only hope for salvation.

- God delivers the news of His **love** for us.

Remember, Grace is God's undeserved love for us. In the Bible we find what God did for us in sending his Son, Jesus, for our salvation. God delivered this message to us through his word.

4. Brainstorm with your child how you can share the Word of God.

Law and Gospel

1. Two main teachings in the Bible

- John 1:17
 - **Law**
- Romans 1:16
 - **Gospel**

2. When was the law given to us?

- *Jeremiah 31:33-34*
- Exodus 20:1-ff
 - **At birth**
 - In the **10 commandments**
- What does God teach us by the law?
- Matthew 19:17-19
- Romans 7:7
 - What we **are** and **are not** supposed to do

3. What does the Law do?

- There are 3 uses of the Law
 - **Curb**

Ask your child what is the purpose of a curb on the street? It helps keep the boundaries clear as to where the cars are to drive and where people are to walk. The law is designed to do the

same thing. It helps keep up within the boundaries of what God wants for our lives and how we are to live.

▪ **Mirror**

Ask your child what is the purpose of a mirror? A mirror allows us to see ourselves. It provides an opportunity for us to see what we are doing. The law serves as a mirror in that as we look at it, it reflects back to us whether or not we are doing what it says. Are we living according to the standards of the law? Are we “reflecting” the life God wants us to live?

▪ **Guide**

Ask your child what is the purpose of a tour guide? A guide is very important to follow as we learn about new places and cultures. The law works the same as it points out what is good to do and what we should avoid. It helps keep on God’s path. It tells us when we get off it and we need to come back.

4. What does the Law teach us?

- Galatians 3:10
- Romans 3:20
- Romans 3:22-23
- Romans 6:23
 - When we examine God’s Word, it teaches us that we are all **sinner**s who deserve God’s **punishment** of death and **damnation**.

It’s important to remember that we cannot by ourselves do the good that God wants us to do. It is impossible to perfect. Perfection is God’s desire for us. When we look at our lives, our thoughts or deeds, we see that we mess up daily. Once we mess

up we deserve the punishment (consequences) of our sin. That punishment is separation from God. Separation from perfection. Because of this we are in need of a savior.

5. There is GOOD NEWS!

- Colossians 2:13-14
 - By the **gospel** God teaches us the **good news** that is found in **Jesus Christ**.

God in his mercy and love sent us his son. He knew we needed saving from our sin. Daily we mess up and daily God forgives and gives us a second chance. The word “gospel” means “good news”. The good news is that God loves us so much that he sent his son as a payment for our punishment/consequences. He took on that which we deserved and put in its place grace. That is unconditional, underserved love that only God can give.

6. All can be saved

- John 3:16
- Romans 1:16
 - God teaches us that everyone who **believes** in Jesus has **eternal life** and **salvation**.
 - Jesus is our only **hope** of Salvation.

7. Law and Gospel made simple

- The Law = **convicts** (shows us our sin)
- The Gospel = **solution** (shows us our savior)

Is it law or is it gospel?

(Together look up each of the verses and distinguish if it's a law or gospel verse/statement. Remember, as a simple rule, the law tells us that we have to do something and the gospel tells us that God did something for us.)

<u>Law or Gospel</u>	<u>Verse/statement</u>
1. <u>Gospel</u>	Genesis 3:15
2. <u>Law</u>	"God will love me if I do the right things."
3. <u>Gospel</u>	Psalms 18:2
4. <u>Law</u>	Isaiah 1:4
5. <u>Law</u>	"If I go to church, read my bible, love my parents, be good to all and have faith, I'll go to heaven."
6. <u>Gospel</u>	Colossians 1:22
7. <u>Gospel</u>	Colossians 2:13
8. <u>Law</u>	2 Timothy 4:3
9. <u>Law</u>	Exodus 19:20-22
10. <u>Gospel</u>	Exodus 20:2
11. <u>Law and Gospel</u>	Exodus 4:11
12. <u>Law</u>	Matthew 5:13
13. <u>Gospel</u>	Luke 23:43
14. <u>Gospel</u>	"I baptize you in the name of the Father, the Son and the Holy Spirit."
15. <u>Gospel</u>	Romans 8:37

Jesus is the word

1. John 1: 1-2, 14

- Who is the “word”? **Jesus**
- The Word of God became **flesh**

Here we see that God’s word is not only the written word, but a living breathing truth. Jesus is identified as the word and the word became flesh and lived among us. The reality of this is that we hear and see God’s grace as we read the Gospels because the word is alive. There is truth and power in the words of Jesus.

Sacraments

1. Sacraments = **sacred things**

In the Lutheran Church we have 3 criteria that makes something a sacrament or not. These are very important to understand as they give us the guidelines in which we call something a sacrament.

- Criteria
 - **commanded** by God
 - Conveys **forgiveness**
 - **visible** **elements**

First of all it needs to be commanded by God. If God doesn’t tell us to do it, then it’s a man-made thing to do. A sacrament conveys (contains, offers and provides) the forgiveness of sins. God uses visible elements that, when connected to the power of God’s word, contains the grace of God.

2. Can God work outside the means of Grace?

- Read Acts 9:1-9, 17-19
 - God is **not** confined to **using** the Means of Grace.

God has the power and right to bring about his Grace whenever and wherever he chooses. There are times when we experience God's grace and it's not at the time of our baptism or reading scripture or taking communion. Try to think of a time or two when you have experienced God's grace or seen others experience God's grace outside the means of grace.

3. Sacraments of the Lutheran church:

- **Baptism** - Acts 2: 38-39, Matthew 28: 18-20
- **Lord's Supper** - Matthew 26: 26-29,
1 Corinthians 11: 23-26

Lord's Supper

"Communion"

This is the body
This is the blood
Broken and poured out
For all of us
In this communion
We share in His love
This is the body
This is the blood

I will remember everything, Lord
That You've done for me
I won't take for granted
The sacrifice that set me free
I hunger and thirst for Your love
Come fill me today

We hunger and thirst for Your love
And Your righteousness
We long for Your presence here, Lord
Be with us again

Lord's Supper

1. What does each of these passages reveal about the Lord's Supper?

- Matthew 26:26-29

- **Instituted** by **Jesus**
- **Offers forgiveness** of sins

This passage gives us the criteria for the Lord's Supper to be a sacrament.

- Luke 22:19-20

- **Remember**
- **Discuss at your table what are some things you should remember as you take communion?**

Communion is not something we take just because it's there to take. It's important that we remember what Jesus did for us. It is important to understand the sacrifice that Jesus made in order for us to be forgiven of our sins.

- I Corinthians 11:23 – 29

- **Proclaim** Jesus' **death**
- **Warning**

Here we see that when we take communion we are actually proclaiming the truth to Jesus' death and resurrection. It is very important to know what is happening during this event. There is a warning to not take the Lord's Supper for the wrong reasons.

2. What is it that we are to remember when we partake of the Supper?

Have your child brainstorm what other things we remember about God, Jesus and the life he led. Then fill in the blanks below.

- Jesus' **sacrifice**
- **God's** love
- **Forgiveness**
- **Salvation**

3. What are the benefits that we receive when we partake in the Lord's Supper?

- **Forgiveness** of **sins**
- **Faith** is **strengthened**
- **Assurance** of **salvation**

Look at page 249 in your catechism for an illustration of this.

4. What is the warning of I Corinthians 11: 23-29?

- What is an unworthy manner? (verse 29)
 - Not understanding the **body** and **blood** are **in, with,** and **under** the bread and wine.
 - **Difficult concept**

Look at page 247 in your catechism for an illustration of this

- What does this have to do with our church waiting until you are in Junior High to receive the sacrament? Why not give it to toddlers?

It is important to understand what is happening and what we are receiving during this event. Everyone who takes communion must take it in a worthy manner as to not be detrimental to their faith. Toddlers are not able to understand what is happening. That is why we (Lutherans) stress the importance of be instructed in the sacrament.

Why do we sometimes call the Lord's Supper "Communion"?

- 1 Corinthians 10:17
 - **Common faith**
 - Communion with **one another**
 - Communion with **God**

Community

- **Strength in numbers**
- Fellow **believers** are a source of **strength**

It's important to understand that we don't stand on our faith alone. We live in a community of believers. A strong family knows that everyone will support, care and love each other. Same is true in the church. You don't have to "go it alone." We share the same truths, that same hope and the same God.

5. Why do we sometimes call the Lord's Supper "The Eucharist"?

- Eucharist = **Thanksgiving**
- What are we thankful for?
 - **Jesus' sacrifice**
 - **Forgiveness**

6. How should you prepare for the Lord's Supper?

- **Discuss at your table how you prepare yourself when taking communion**
- **Faith in Jesus**
- **Confession of sins** (examine ourselves)
- **Belief in the real presence**
- Practical Preparation

See page 257 for an illustration of this

- **Pray** while in line for **forgiveness** and to **experience** His love
- **Clear** your mind
- Return to your seat and offer a **prayer of thanksgiving**

Share with your child how you prepare for communion. It is very important that we prepare ourselves to take this very precious gift to us. We don't just take it and not stop to consider the importance of what we are receiving.

Go over the following statement with your child. It would be good to memorize this statement to help them realized exactly what they are receiving when they participate in Holy Communion.

Holy Communion is not just bread and wine. It is bread and wine, connected to God's word. We receive Christ's body and blood, the forgiveness of sins and the strengthening of my faith and life!

“God is on your side”

Small group discussion

- Do you think you are a convicted criminal? Why or why not?
- In order to be on the Tornados football team, what must they do?
- How is this different from being on God’s team?
- What feelings did the Tornados experience because of what Gainesville High did?
- “No matter what they did in the past...they received hope.” How does a relationship with God bring hope?
- How does being baptized into God’s family bring you the same feelings the Tornados experienced?
- What does it mean to you that God gives you a second chance? What does it mean that God is in your corner not matter what?

1. What is the Lutheran teaching of communion compared to other Christian churches?

	Bread	Wine	Body	Blood
Roman Catholic <u>Transubstantiation</u>			<u>X</u>	<u>X</u>
Reformed <u>Symbolic</u>	<u>X</u>	<u>X</u>		
Lutheran <u>Real Presence</u>	<u>X</u>	<u>X</u>	<u>X</u>	<u>X</u>

Catechism page 247

Transubstantiation is the belief that something (a “substance”) is changed into something else. So for the Catholic church, they believe that the bread and wine actually changes into the body and blood of Jesus through this sacrament. The Reformed Churches (Baptist, Methodist, etc...) believe that we only receive the bread and wine and that they only symbolize Jesus’ body and blood. They focus on the words that Jesus used when he said “remember”. Lutherans believe that we receive all four elements during communion. This is a mystery through faith that cannot be fully understood. We would say that we receive Jesus’ body and blood “in, with and under” the bread and wine. As I eat the bread, I taste bread. As I drink the wine, I taste wine. But through the mystery of the sacrament I also receive Jesus’ body and blood for the forgiveness of my sins and the strengthening of my faith and life.

The Benefits

1. What blessings does Jesus offer and give in Communion?

- Luke 22: 19-20
- Romans 11: 27
 - By giving us his **body** and **blood** in communion, Jesus **offers** and **gives** us forgiveness of sins.

2. Why is Communion comforting?

- 1 Corinthians 11: 25-26
 - Jesus **assures** me **personally** of forgiveness, **life** and **salvation**.

It is by GRACE

G T R A C E H T T S I H T
D M O R F G H H E N E L O
R O D N U S E V S U E N C
O N G O A D L I T I O E N
A L R V U E N D E S Y E B
R H E V S E D L G O O F V
T D E R W E G A R R U O E
S F U H A V E I A V A R E
D O A A N D O N F L Y C B
Y E C I A U S E H T E L E
O V E S T U S A L O V E W
E D O N T H D E S E R V E

FOR	GRACE	YOU	HAVE
BEEN	SAVED	THROUGH	FAITH
AND	THIS	NOT	FROM
YOURSELVES	THE	GIFT	GOD

**Grace: The Lord's unconditional
undeserved love. We are saved
Only because He loves us,
A love we don't deserve!**

Scripture reference - Ephesians 2: 8

The Passover

1. Read Exodus 1:6-16

- Why did the Egyptians begin to fear the Hebrews?
Numerous
Join their enemies
- What was their solution to the Hebrew “problem”?
Kill the baby boys

2. Read Exodus 2:1-10

- Who was Moses born to?
a Hebrew woman
- What was his mother afraid of?
That he was going to be killed
- What did she do?
Put him in a basket to give him freedom
- Who found Moses?
Pharaoh’s daughter
- Where did Moses grow up?
Pharaoh’s palace

3. Read Exodus 2:11-15

- What did Moses do?
Murdered an Egyptian
- Why would Moses run away?

Because he knew that what he did was wrong and that he'd get in trouble for it.

- Where does Moses go?
To Midian

4. Read Exodus 3:1-10

- What does God want him to do?
Go back to Egypt

5. Read Exodus 5:1-2.

- How does Pharaoh feel about letting his free labor leave?
Not real positive about it. He thought it was a crazy idea that Moses was trying to get him to do this.

6. Skim over Exodus chapters 7-11 and list the ten plagues

- **Water to blood**
- **Frogs**
- **Gnats**
- **Flies**
- **Livestock**
- **Boils**
- **Hail**
- **Locusts**
- **Darkness**
- **First born son**

7. Read Exodus 12:1-12

- What meal was celebrated for the first time?
Passover

- How did the angel of death know not to strike down the first born of a household?
Blood of the lamb

The Lord's Supper and the Passover

1. Read John 1:29 and I Corinthians 5:7b

- What is the connection between the Passover and the Lord's Supper?
 - Jesus is called **Lamb** of **God**

 - Jesus is called the **Passover Lamb**

2. What are the parallels between the Passover meal and the Lord's Supper?

Passover Meal	Lord's Supper
<ul style="list-style-type: none">• People in captivity• Angel of death• Blood of the lamb• Passed over because of the lamb's blood• Released from slavery to the Egyptians	<ul style="list-style-type: none">• Captive to sin• Wage of sin is death• Jesus = Lamb of God• God the Father sees the blood of Jesus not the sin• Released from slavery to sin.

As we compare the two events we see the parallels between them.

As the Israelites celebrated the Passover meal every year they would remember how God delivered them from Pharaoh and the Egyptians. We see that when we take the Lord's Supper we celebrate that same Passover. We are delivered from the power of sin and the consequences we deserve because we too have been delivered from our enemy. Death no longer has power over us. Sin no longer has power over us. Jesus is our savior and he has defeated everything. Through him we now have eternal life and salvation.

3. How far back can we trace the celebration of the Lord's Supper?

- **Moses**

Baptism

Go over the following statement with your child. It would be good to memorize this statement to help them realized exactly what is happening during baptism.

Baptism is not just water. It is water connected to God's word and offers forgiveness of sins, strengthening my faith and life!

Catechism page 234

1. How does water do such great things?

- It's not just water... it's water **connected** with **God's word**.

We use simple tap water for baptisms. In Jesus' time it was a river. There was nothing special about the water, it was just simply water. In baptism God connects the power of His word to the visible elements in order to do great things.

- What does Baptism do for us?
- Romans 6:1-5
 - It connects us to **Christ's death** and **resurrection**.

Because of Jesus' death and resurrection the payment for our sins was paid in full and we have victory over the punishment of sin. Scripture tells us that the "wages of sin is death, but are justified freely by his grace..." (Romans 3:22-24). Since we are connected with Christ death and resurrection we receive the benefits of those events.

2. What does the word "baptize" mean?

- To **wash** , **immerse** , **sprinkle** , **pour**

The word used in scripture for baptism is the same word used to identify the washing of dishes, sprinkling of water on something and pouring of water on something.

3. What does it mean to be adopted? _____

4. Through baptism you are **adopted** into **God's** family!

- You are **chosen**
- **Given** a new name
- **Receive** benefits

In baptism God chooses you to be his child. In adoption the parents choose the child to be theirs. They give the child a new name; here we are given the name Christian, which means to live in Christ. As a member of the family we receive the benefits of that family. The benefits of being a part of God's family are the forgiveness of sins, victory over the death and eternal life in heaven.

5. Is Baptism something we do or is it something that God does for us?

- All the **work** of **God**

Yes, we come to the baptismal font, but the work of washing us clean, renaming us, forgiving our sins, strengthening and creating our faith is the work that only God can do.

6. Why do we baptize infants?

Catechism pg. 227

- Matthew 28: 18-20
 - All **nations**
- Acts 2: 36-41
 - **Promise** to you and your **children**
 - Mark 10: 13-16
 - **Kingdom of God** belongs to **all**

The catechism picture illustrates this concept. We believe that scripture clearly identifies that in baptism the age of the person doesn't matter, since it is the work of God. We do know that faith is involved with baptism. Questions arise as we ask, "Can an infant have faith?" This is a question we don't have a complete answer to. We do know that an infant knows its mothers voice, can hear God's word as it is read or played via music. We know that belief happens through the hearing of the God's word. Therefore, an infant who hears the word of God can come to faith.

7. Who can baptize?

- All **Christians**

8. Who normally baptizes and why?

- 1 Corinthians 14: 40
 - **Pastors** to **avoid** **disorder**

Every Christian can baptize because of the faith that they have. It is important that we don't just go around and baptize everyone and anyone. We need to take care and caution on who is baptized. To keep order, we perform baptisms in worship services due to what is happening during them as a celebration of a new life in Christ. There are times when, in cases of emergency, we baptize at hospitals or where ever you are at.

9. Why do we have sponsors?

- **Remind** child of baptism
- **Pray** for the child and family
- Look after the **spiritual needs**

A sponsor is one who assists the parent(s) in raising the child in the Christian faith. They witness the baptism and are charged to pray, remind and encourage the child and parent(s) to stay faithful to their baptismal vows.

10. Does one have to be baptized to be saved?

- John 3: 5-7
- Mark 16:16
- John 3:16
- Ephesians 2:8-9
- Luke 23: 39-43
 - **NO!** What is required is **faith**.

Faith is what saves you. The Christian faith is defined as belief in, trust in and love of God for the forgiveness of your sins through the death and resurrection of Jesus.

11. Galatians 3: 27

- What of Christ have we “clothed” ourselves with?
 - His **death** and **resurrection**
- What did these accomplish for us?
 - **Payment** for sin and **victory** over sin.

Catechism 239

12. Because of Jesus' victory we have new life... what does a new life look like?

- **Think** differently
- **Act** differently
- **Treat** with others differently
- Without faith we are **unable** to live a God pleasing life, so in baptism we are given a **new life** in Christ.

Here it is important to understand that we can try to be good all the time, but in reality we can't because of our sinfulness. God, in and through baptism, gives us a new life and we can daily remember the fact that we are baptized into God's family and have received the forgiveness of our sins. This fact gives us the power to think, act and deal differently.

13. Blessings

Catechism page 231

- **Forgiveness** of sin
- **Deliverance** from death and the devil

Because of sin, we die physically and spiritually. We will still die physically at some time, but it's not the end of our "living." When sin entered the world, we were separated from God, because he is holy, and our relationship with him suffered. That is a spiritual death. In order to reconnect us to him and restore that right balance to our relationship Jesus became our sacrifice (on the cross) and our victory (empty tomb). It is in baptism that we are connected to these events. And that restores our severed relationship with God.

- But we still physically die...what does this mean?

- **Eternal** salvation

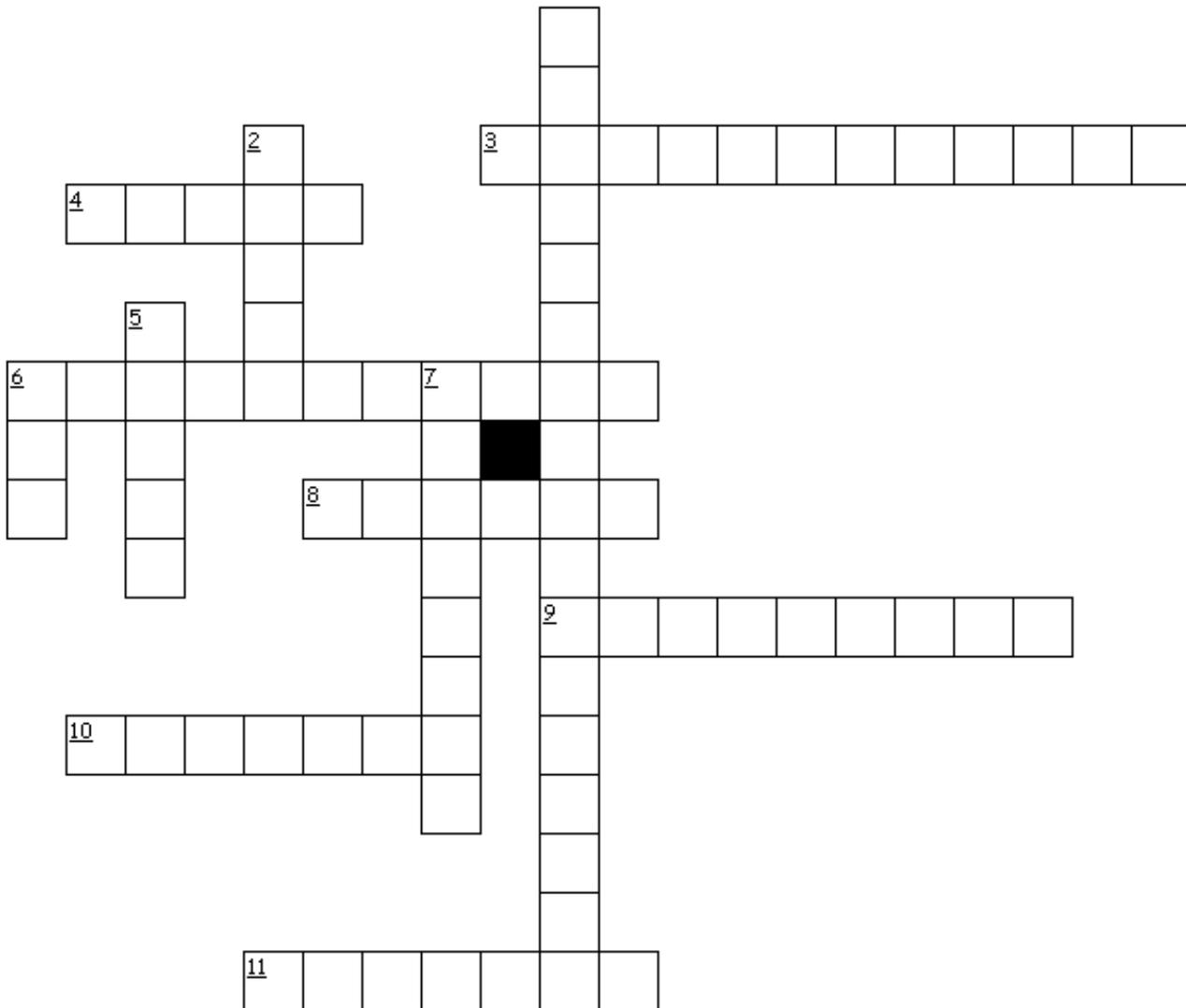
14. Baptism

- Links us with Christ
 - **Cross**
 - **Grave**
 - **Resurrection**
- Confidence
 - **Sins** are paid for
 - Able to **resist temptation** and live a **new life**
 - **Eternity** in heaven

Go over the following statement with your child. It would be good to memorize this statement to help them realized exactly what is happening during baptism.

Baptism is not just water. It is water connected to God's word and offers forgiveness of sins, strengthening my faith and life!

Sacraments



Across

3. The physical elements in Holy Communion
4. The physical element in baptism
6. Bread, wine, body, blood
8. "Good news"
9. Sacred thing
10. "To wash"
11. Washes us clean and marks us as a child of God

Down

1. What we receive in the sacraments
2. A way in which something comes to us
5. "It is by _____ you have been saved"
6. convicts us of our sins
7. Communion is connected with this event during the time of Moses