

## Foundations of Faith (A Catechism for Today)

### Lesson 28 – July 9

#### The Sacraments

##### Question 79: What is a sacrament?

In obedience to our Lord's command and example, we observe two sacraments, baptism and holy communion. Sacraments are visible expressions of the gospel and are given as means of entering and sustaining the Christian life. By baptism we are initiated into the Christian community and begin our Christian pilgrimage. Through the Lord's Supper we receive food for our journey and are strengthened in faith. In baptism and the Lord's Supper there is a sacramental union between the sign and the thing signified. Water signifies forgiveness and new life in Christ; bread and wine, the body and blood of the Lord. The grace effective in the sacraments comes not from any power in them but from the work of the Holy Spirit. Rightly received, in faith and repentance, the sacraments convey that which they symbolize.

Mt 28:19 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.

1 Cor 11:24-26 "This is my body that is for you. Do this in remembrance of me...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.

Rom 6:3-5 Or have you forgotten that when we were joined with Christ Jesus in baptism, we joined him in his death? 4 For we died and were buried with Christ by baptism. And just as Christ was raised from the dead by the glorious power of the Father, now we also may live new lives. 5 Since we have been united with him in his death, we will also be raised to life as he was.

Col 2:12 For you were buried with Christ when you were baptized. And with him you were raised to new life because you trusted the mighty power of God, who raised Christ from the dead.

1 Cor 6:11 Some of you were once like that. But you were cleansed; you were made holy; you were made right with God by calling on the name of the Lord Jesus Christ and by the Spirit of our God.

Jn 3:5 Jesus replied, "I assure you, no one can enter the Kingdom of God without being born of water and the Spirit.

Titus 3:5 he saved us, not because of the righteous things we had done, but because of his mercy. He washed away our sins, giving us a new birth and new life through the Holy Spirit.

1 Pet 3:20-21 those who disobeyed God long ago when God waited patiently while Noah was building his boat. Only eight people were saved from drowning in that terrible flood. 21 And that water is a picture of baptism, which now saves you, not by removing dirt from your body, but as a response to God from a clean conscience. It is effective because of the resurrection of Jesus Christ.

Mt 26:26-29 As they were eating, Jesus took some bread and blessed it. Then he broke it in pieces and gave it to the disciples, saying, "Take this and eat it, for this is my body." 27 And he took a cup of wine and gave thanks to God for it. He gave it to them and said, "Each of you drink from it, 28 for

this is my blood, which confirms the covenant between God and his people. It is poured out as a sacrifice to forgive the sins of many. 29 Mark my words—I will not drink wine again until the day I drink it new with you in my Father’s Kingdom.”

Mk 14:22-25 As they were eating, Jesus took some bread and blessed it. Then he broke it in pieces and gave it to the disciples, saying, “Take it, for this is my body.” 23 And he took a cup of wine and gave thanks to God for it. He gave it to them, and they all drank from it. 24 And he said to them, “This is my blood, which confirms the covenant between God and his people. It is poured out as a sacrifice for many. 25 I tell you the truth, I will not drink wine again until the day I drink it new in the Kingdom of God.”

Lk 22:14-20 When the time came, Jesus and the apostles sat down together at the table. 15 Jesus said, “I have been very eager to eat this Passover meal with you before my suffering begins. 16 For I tell you now that I won’t eat this meal again until its meaning is fulfilled in the Kingdom of God.” 17 Then he took a cup of wine and gave thanks to God for it. Then he said, “Take this and share it among yourselves. 18 For I will not drink wine again until the Kingdom of God has come.” 19 He took some bread and gave thanks to God for it. Then he broke it in pieces and gave it to the disciples, saying, “This is my body, which is given for you. Do this to remember me.” 20 After supper he took another cup of wine and said, “This cup is the new covenant between God and his people—an agreement confirmed with my blood, which is poured out as a sacrifice for you.

Jn 6:51-58 I am the living bread that came down from heaven. Anyone who eats this bread will live forever; and this bread, which I will offer so the world may live, is my flesh.” 52 Then the people began arguing with each other about what he meant. “How can this man give us his flesh to eat?” they asked. 53 So Jesus said again, “I tell you the truth, unless you eat the flesh of the Son of Man and drink his blood, you cannot have eternal life within you. 54 But anyone who eats my flesh and drinks my blood has eternal life, and I will raise that person at the last day. 55 For my flesh is true food, and my blood is true drink. 56 Anyone who eats my flesh and drinks my blood remains in me, and I in him. 57 I live because of the living Father who sent me; in the same way, anyone who feeds on me will live because of me. 58 I am the true bread that came down from heaven. Anyone who eats this bread will not die as your ancestors did (even though they ate the manna) but will live forever.”

### **Question 80: What is baptism?**

Baptism is a sign and seal of our union with Christ and his body, the church. Through it, by faith and the work of the Spirit, we are washed and cleansed from sin, share in the death and resurrection of Jesus Christ, receive the gift of the Holy Spirit, and are commissioned to Christ’s service. Baptism assures us that we belong to God. Our great comfort in life and in death is that we belong to our faithful Saviour Jesus Christ (Heidelberg Catechism, Answer 1).

Matt 3:16 And when Jesus had been baptized, just as he came up from the water, suddenly the heavens were opened to him and he saw the Spirit of God descending like a dove and alighting on him.

Rom 6:4-5 Therefore we have been buried with him by baptism into death, so that, just as Christ was raised from the dead by the glory of the Father, so we too might walk in newness of life. For if we have been united with him in a death like his, we will certainly be united with him in a resurrection like his.

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

Jn 3:5 “Very truly, I tell you, no one can enter the kingdom of God without being born of water and the Spirit.”

Mt 3:13-17 Then Jesus went from Galilee to the Jordan River to be baptized by John. 14 But John tried to talk him out of it. “I am the one who needs to be baptized by you,” he said, “so why are you coming to me?” 15 But Jesus said, “It should be done, for we must carry out all that God requires.” So John agreed to baptize him. 16 After his baptism, as Jesus came up out of the water, the heavens were opened and he saw the Spirit of God descending like a dove and settling on him. 17 And a voice from heaven said, “This is my dearly loved Son, who brings me great joy.”

Mk 1:9-11 One day Jesus came from Nazareth in Galilee, and John baptized him in the Jordan River. 10 As Jesus came up out of the water, he saw the heavens splitting apart and the Holy Spirit descending on him like a dove. 11 And a voice from heaven said, “You are my dearly loved Son, and you bring me great joy.”

Lk 3:21-22 One day when the crowds were being baptized, Jesus himself was baptized. As he was praying, the heavens opened, 22 and the Holy Spirit, in bodily form, descended on him like a dove. And a voice from heaven said, “You are my dearly loved Son, and you bring me great joy.”

1 Pet 3:20-21 those who disobeyed God long ago when God waited patiently while Noah was building his boat. Only eight people were saved from drowning in that terrible flood. 21 And that water is a picture of baptism, which now saves you, not by removing dirt from your body, but as a response to God from a clean conscience. It is effective because of the resurrection of Jesus Christ.

1 Cor 10:1-2, 12:13

1 I don't want you to forget, dear brothers and sisters, about our ancestors in the wilderness long ago. All of them were guided by a cloud that moved ahead of them, and all of them walked through the sea on dry ground. 2 In the cloud and in the sea, all of them were baptized as followers of Moses.

13 Some of us are Jews, some are Gentiles, some are slaves, and some are free. But we have all been baptized into one body by one Spirit, and we all share the same Spirit.

Gal 3:27-29 And all who have been united with Christ in baptism have put on Christ, like putting on new clothes. 28 There is no longer Jew or Gentile, slave or free, male and female. For you are all one in Christ Jesus. 29 And now that you belong to Christ, you are the true children of Abraham. You are his heirs, and God's promise to Abraham belongs to you.

Col 2:12 For you were buried with Christ when you were baptized. And with him you were raised to new life because you trusted the mighty power of God, who raised Christ from the dead.

Titus 3:5 he saved us, not because of the righteous things we had done, but because of his mercy. He washed away our sins, giving us a new birth and new life through the Holy Spirit.