

**Oh,  
taste**

**and  
see  
that  
the Lord  
is good.**

**Psalm 34:8**

**August 11, 2024  
Twelfth Sunday after Pentecost  
9:30 AM Worship**

First Lutheran Church  
709 5<sup>th</sup> Ave. – P.O. Box 218  
Washburn, North Dakota 58577  
[www.flcwashburn.com](http://www.flcwashburn.com)  
701-462-3775

# PRELUDE AND BELLS

## AS WE GATHER

*(There will always be people who despise the ways of the God who created them. Yet we have a higher calling, to imitate Christ in all things and to discover his blessings as we live for Him. Welcome to God's house today.)*

## WELCOME

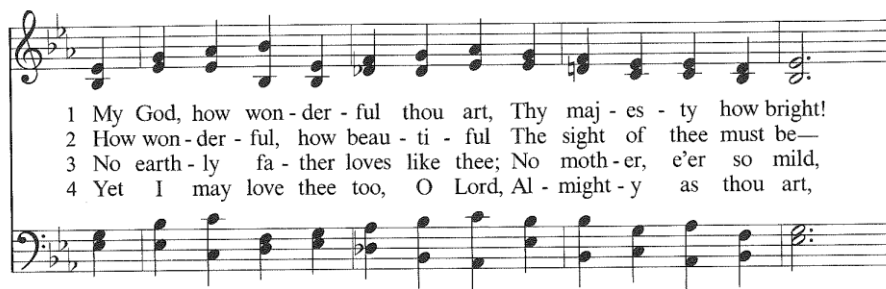
(put prayer requests on yellow cards)

## HYMN ..... LBW #524

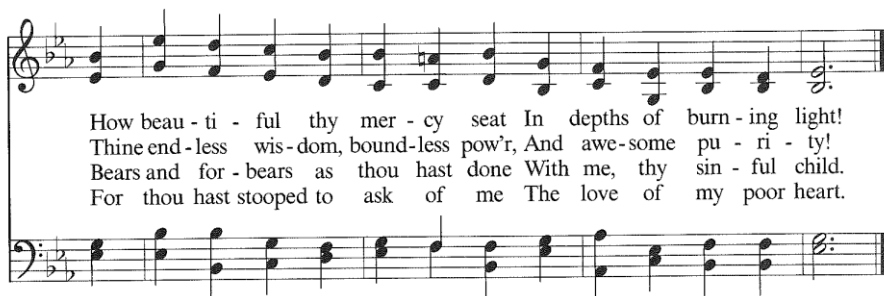
### “My God, How Wonderful Thou Art”

## My God, How Wonderful Thou Art

524



1 My God, how won - der - ful thou art, Thy maj - es - ty how bright!  
2 How won - der - ful, how beau - ti - ful The sight of thee must be—  
3 No earth - ly fa - ther loves like thee; No moth - er, e'er so mild,  
4 Yet I may love thee too, O Lord, Al - might - y as thou art,



How beau - ti - ful thy mer - cy seat In depths of burn - ing light!  
Thine end - less wis - dom, bound - less pow'r, And awe - some pu - ri - ty!  
Bears and for - bears as thou hast done With me, thy sin - ful child.  
For thou hast stooped to ask of me The love of my poor heart.

5 My God, how wonderful thou art,  
Thou everlasting friend!  
On thee I stay my trusting heart  
Till faith in vision end.

CONFESSION AND FORGIVENESS .....p. 56

P: In the name of the Father, and of the ☩ Son, and of the Holy Spirit.

**C: Amen**

P: Almighty God, to whom all hearts are open, all desires known, and from whom no secrets are hid: Cleanse the thoughts of our hearts by the inspiration of your Holy Spirit, that we may perfectly love you and worthily magnify your holy name, through Jesus Christ our Lord.

**C: Amen**

P: If we say we have no sin, we deceive ourselves, and the truth is not in us. But if we confess our sins, God who is faithful and just will forgive our sins and cleanse us from all unrighteousness.

*Silence for reflection and self-examination.*

P: Most merciful God,

**C: we confess that we are in bondage to sin and cannot free ourselves. We have sinned against you in thought, word, and deed, by what we have done and by what we have left undone. We have not loved you with our whole heart; we have not loved our neighbors as ourselves. For the sake of your Son, Jesus Christ, have mercy on us. Forgive us, renew us, and lead us, so that we may delight in your will and walk in your ways to the glory of your holy name. Amen**

P: Almighty God, in his mercy, has given his Son to die for us and, for his sake, forgives us all our sins. As a called and ordained minister of the Church of Christ, and by his authority, I therefore declare to you the entire forgiveness of all your sins, in the name of the Father, and of the ☩ Son, and of the Holy Spirit.

**C: Amen**

P: The grace of our Lord Jesus Christ, the love of God, and the communion of the Holy Spirit be with you all.

**C: And also with you.**

**A** In peace, let us pray to the Lord. **C** Lord, have mer - cy.

**A** For the peace from above, and for our salvation, let us pray to the Lord.

**C** Lord, have mer - cy.

**A** For the peace of the whole world, for the well-being of the Church of God,

and for the unity of all, let us pray to the Lord.

**C** Lord, have mer - cy.

**A** For this holy house, and for all who offer here their worship and praise,

let us pray to the Lord. **C** Lord, have mer - cy.

**A** Help, save, comfort, and defend us, gra - cious Lord. **C** A - men



☐ Glory to God in the highest, and peace to his peo - ple on earth.



☑ Lord God, heav - en - ly king, al - might - y God and Fa - ther:



We wor - ship you, we give you thanks, we praise you for your glo - ry.



Lord Je - sus Christ, on - ly Son of the Fa - ther, Lord God, Lamb of God:



You take a - way the sin of the world; have mer - cy on us.



You are seat - ed at the right hand of the Fa - ther; re - ceive our prayer.



For you a - lone are the Ho - ly One, you a - lone are the Lord,

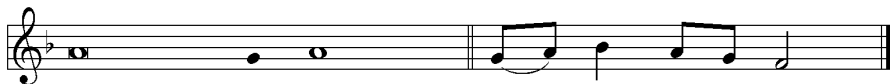


you a - lone are the Most High, Je - sus Christ, with the Ho - ly Spir - it,



in the glo - ry of God the Fa - ther. A - men

SALUTATION



☐ The Lord be with you.

☑ And al - so with you.

PRAYER OF THE DAY

P: Let us pray.

**C: Almighty God, through your extravagant love sustain us with the living bread that is Jesus that so nourished we may live in love for you and love others just as Christ has loved us; through Jesus Christ, our Lord, who lives and reigns with you and the Holy Spirit, one God now and forever. Amen.**

FIRST READING .....1 Kings 19:1-8  
*(Elijah the prophet encounters the evil King, Ahab, and flees for his life. Yet, God provided for Elijah in the midst of his fear.)*

<sup>1</sup>Ahab told Jezebel all that Elijah had done, and how he had killed all the prophets with the sword. <sup>2</sup>Then Jezebel sent a messenger to Elijah, saying, "So may the gods do to me and more also, if I do not make your life as the life of one of them by this time tomorrow." <sup>3</sup>Then he was afraid, and he arose and ran for his life and came to Beersheba, which belongs to Judah, and left his servant there. <sup>4</sup>But he himself went a day's journey into the wilderness and came and sat down under a broom tree. And he asked that he might die, saying, "It is enough; now, O Lord, take away my life, for I am no better than my fathers." <sup>5</sup>And he lay down and slept under a broom tree. And behold, an angel touched him and said to him, "Arise and eat." <sup>6</sup>And he looked, and behold, there was at his head a cake baked on hot stones and a jar of water. And he ate and drank and lay down again. <sup>7</sup>And the angel of the Lord came again a second time and touched him and said, "Arise and eat, for the journey is too great for you." <sup>8</sup>And he arose and ate and drank, and went in the strength of that food forty days and forty nights to Horeb, the mount of God.

PSALM (Read responsively) .....Psalm 34:1-8  
*(The Psalmist invites each of us to join in praising God for his goodness and never ending faithfulness.)*

<sup>1</sup>I will bless the Lord at all times; his praise shall continually be in my mouth.

**<sup>2</sup>My soul makes its boast in the Lord; let the humble hear and be glad.**

<sup>3</sup>Oh, magnify the Lord with me, and let us exalt his name together!

**<sup>4</sup>I sought the Lord, and he answered me and delivered me from all my fears.**

<sup>5</sup>Those who look to him are radiant, and their faces shall never be ashamed.

**<sup>6</sup>This poor man cried, and the Lord heard him and saved him out of all his troubles.**

<sup>7</sup>The angel of the Lord encamps around those who fear him, and delivers them.

**<sup>8</sup>Oh, taste and see that the Lord is good! Blessed is the man who takes refuge in him!**

SECOND READING .....Ephesians 4:17-5:2  
*(St Paul warns the early believers, and us, guard our ways. Rather than reflecting the unbelieving world around us, we are called to reflect Christ.)*

<sup>17</sup>Now this I say and testify in the Lord, that you must no longer walk as the Gentiles do, in the futility of their minds. <sup>18</sup>They are darkened in their understanding, alienated from the life of God because of the ignorance that is in them, due to their hardness of heart. <sup>19</sup>They have become callous and have given themselves up to sensuality, greedy to practice every kind of impurity. <sup>20</sup>But that is not the way you learned Christ! — <sup>21</sup>assuming that you have heard about him and were taught in him, as the truth is in Jesus, <sup>22</sup>to put off your old self, which belongs to your former manner of life and is corrupt through deceitful desires, <sup>23</sup>and to be renewed in the spirit of your minds, <sup>24</sup>and to put on the new self, created after the likeness of God in true righteousness and holiness. <sup>25</sup>Therefore, having put away falsehood, let each one of you speak the truth with his neighbor, for we are members one of another. <sup>26</sup>Be angry and do not sin; do not let the sun go down on your anger, <sup>27</sup>and give no opportunity to the devil. <sup>28</sup>Let the thief no longer steal, but rather let him labor, doing honest work with his own hands, so that he may have something to share with anyone in need. <sup>29</sup>Let no corrupting talk come out of your mouths, but only such as is good for building up, as fits the occasion, that it may give grace to those who hear. <sup>30</sup>And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption. <sup>31</sup>Let

all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. <sup>32</sup>Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.

<sup>1</sup>Therefore be imitators of God, as beloved children. <sup>2</sup>And walk in love, as Christ loved us and gave himself up for us, a fragrant offering and sacrifice to God.

## CHILDREN'S MESSAGE

ALLELUIA .....p. 62

Al - le - lu - ia. Lord, to whom shall we go? You have the words of e - ter - nal life. Al - le - lu - ia. Al - le - lu - ia.

P: The Holy Gospel according to St. John, the 6<sup>th</sup> chapter.

Glo - ry to you, O Lord.

GOSPEL READING .....John 6:35-51  
(*Jesus is the Bread of Life who promises eternal life to those who place their trust and hope in Him.*)

<sup>35</sup>Jesus said to {the crowd}, “I am the bread of life; whoever comes to me shall not hunger, and whoever believes in me shall never thirst. <sup>36</sup>But I said to you that you have seen me and yet do not believe. <sup>37</sup>All that the Father gives me will come to me, and whoever comes to me I will never cast out. <sup>38</sup>For I have come down from heaven, not to do my own will but the will of him who sent me. <sup>39</sup>And this is the will of him who sent me, that I should lose nothing of all that he has given me, but raise it up on the last day. <sup>40</sup>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.” <sup>41</sup>So the Jews



grumbled about him, because he said, "I am the bread that came down from heaven." <sup>42</sup>They said, "Is not this Jesus, the son of Joseph, whose father and mother we know? How does he now say, 'I have come down from heaven'?" <sup>43</sup>Jesus answered them, "Do not grumble among yourselves. <sup>44</sup>No one can come to me unless the Father who sent me draws him. And I will raise him up on the last day. <sup>45</sup>It is written in the Prophets, 'And they will all be taught by God.' Everyone who has heard and learned from the Father comes to me — <sup>46</sup>not that anyone has seen the Father except he who is from God; he has seen the Father. <sup>47</sup>Truly, truly, I say to you, whoever believes has eternal life. <sup>48</sup>I am the bread of life. <sup>49</sup>Your fathers ate the manna in the wilderness, and they died. <sup>50</sup>This is the bread that comes down from heaven, so that one may eat of it and not die. <sup>51</sup>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."

P: The Gospel of the Lord.



**HYMN ..... LBW #503**  
**"O Jesus, I Have Promised"**

## O Jesus, I Have Promised

1 O Je - sus, I have prom - ised To serve you to the end;  
 2 Oh, let me feel you near me; The world is ev - er near.  
 3 Oh, let me hear you speak - ing In ac - cents clear and still  
 4 O Je - sus, you have prom - ised To all who fol - low you

Re - main for - ev - er near me, My mas - ter and my friend.  
 I see the sights that daz - zle, The tempt - ing sounds I hear.  
 A - bove the storms of pas - sion, The mur - murs of self - will.  
 That where you are in glo - ry Your ser - vant shall be too.

I shall not fear the bat - tle If you are by my side,  
 My foes are ev - er near me, A - round me and with - in;  
 Now speak to re - as - sure me, To has - ten or con - trol;  
 And Je - sus, I have prom - ised To serve you to the end;

Nor wan - der from the path - way If you will be my guide.  
 But, Je - sus, then draw near - er To shield my soul from sin.  
 Now speak and make me lis - ten, O Guard - ian of my soul.  
 Oh, give me grace to fol - low, My mas - ter and my friend.

SERMON ..... Pastor Paul Krueger  
"Imitators of God" - Ephesians 5:1

APOSTLES' CREED .....p. 65

P: God has made us his people through our Baptism into Christ. Living together in trust and hope, we confess our faith.

**C: I believe in God the Father almighty, creator of heaven and earth.**

**I believe in Jesus Christ, his only Son our Lord. He was conceived by the power of the Holy Spirit, and born of the virgin Mary. He suffered under Pontius Pilate, was crucified, died, and was buried. He descended into hell. On the third day he rose again. He ascended into heaven, and is seated at the right hand of the Father. He will come again to judge the living and the dead.**

**I believe in the Holy Spirit, the holy catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and the life everlasting. Amen**

**HYMN ..... WOV #783  
"Seek Ye First the Kingdom of God"**

## Seek Ye First the Kingdom of God

783

*Descant*

Al - le - lu - ia, al -  
 D F#m G D G

1 Seek ye . . . first the king - dom of God and its  
 2 Ask and it shall be giv - en un - to you; seek and  
 3 We do not live by bread . . . a - lone, but by

le - lu - ia, al - le -  
 D Em A<sup>7</sup> D F#m

righteous - ness, and all these things shall be  
 you shall find; knock and the door shall be  
 ev - 'ry word that pro - ceeds from the

lu - ia, al - le - lu - ia.  
 G D G D Em A D

add - ed un - to you. Al - le - lu, al - le - lu - ia.  
 o - pened un - to you. Al - le - lu, al - le - lu - ia.  
 mouth . . . of . . . God. Al - le - lu, al - le - lu - ia.

# OFFERINGS ARE RECEIVED

## OFFERTORY .....p. 75

Cre-ate in me a clean heart, O God, and re-new a right spir -  
it with-in me. Cast me not a-way from your pres-ence, and take  
not your Ho - ly Spir - it from me. Re-store to me the  
joy of your sal-va - tion, and up-hold me with your free Spir - it.

## OFFERTORY PRAYER

**C: Benevolent God, you have granted us in abundance with all the good things that life has to offer. May we be truly grateful for our daily bread, even as we return a portion of what you have first given us as a sign of our humility and thanksgiving for your bounteous gifts. Let the treasures we have received from you be used to serve the world you love. Amen.**

## PRAYERS OF THE CHURCH

**P: Lord, remember us in your kingdom and teach us to pray:**

## LORD'S PRAYER .....p. 76

**Our Father, who art in heaven; hallowed be thy name, Thy kingdom come; thy will be done; on earth, as it is in heaven. Give us this day our daily bread, and forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil. For Thine is the kingdom, and the power, and the glory, for ever and ever. Amen**

BENEDICTION *Psalm 32:10*

P: The Lord bless you and keep you.

The Lord make His face shine on you and be gracious to you.

The Lord look upon you with favor and ✕ give you peace

*Numbers 6:24–26*

In the name of the Father, + Son, and Holy Spirit.

**C: Amen.**

**HYMN ..... LBW #343**

**“Guide Me Ever, Great Redeemer”**

## Guide Me Ever, Great Redeemer

343

1 Guide me ev - er, great Re-deem - er, Pil - grim through this  
 2 O - pen now the crys - tal foun - tain Where the heal - ing  
 3 When I tread the verge of Jor - dan, Bid my anx - ious

bar - ren land. I am weak, but you are might - y; Hold me  
 wa - ters flow; Let the fire and cloud - y pil - lar Lead me  
 fears sub - side; Death of death and hell's de - struc - tion, Land me

with your pow'r - ful hand. Bread of heav - en, bread of heav - en,  
 all my jour - ney through. Strong de - liv - 'rer, strong de - liv - 'rer,  
 safe on Ca - naan's side. Songs and prais - es, songs and prais - es,

Feed me now and ev - er - more, Feed me now and ev - er - more.  
 Shield me with your might - y arm, Shield me with your might - y arm.  
 I will raise for - ev - er - more, I will raise for - ev - er - more.

# ANNOUNCEMENTS

## DISMISSAL

P: Go in peace. Serve the Lord!

**C: Thanks be to God!**

## POSTLUDE

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### Today's Worship Leaders & Volunteers – Thank You!

PASTOR ..... Pastor Paul Krueger  
USHERS/GREETERS ..... Deb Wisdom & Mary Ann Beeks  
READER ..... Joe Sheldon  
ORGANIST ..... Theresa Petersen  
VIRTUAL SERVICE ..... Melissa Rothe  
ALTAR GUILD..... Brenda Ankenbauer & Val Swanson  
FELLOWSHIP/COFFEE HOUR ..... Donna Gunderson  
SERVICE GROUP COORDINATORS ..... Terry & Donna  
Gunderson and Dwight & Margaret Rasmussen



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PASTOR: Paul Krueger email: [revpaulkrueger@gmail.com](mailto:revpaulkrueger@gmail.com)

Cell phone: 701-240-4712

ADMINISTRATIVE SECRETARY: Jeannette Rost

Church Office: 701-462-3775

Email: [flc@westriv.com](mailto:flc@westriv.com)

Website: [www.flcwashburn.com](http://www.flcwashburn.com)

COORDINATOR OF STUDENT MINISTRIES: Melissa Rothe

Email: [fly@westriv.com](mailto:fly@westriv.com)

OFFICE HOURS: T-T-F 9:00 am - 12:30 pm, 1:30 - 3:30

W – 9:00 am - 12:30 pm

ORGANISTS: Theresa Petersen and LeAnn Richard

CHOIR DIRECTOR: Randy Hall

BELL CHOIR DIRECTOR: Gwen Hall

CUSTODIAN: Jeff Schmidt

## **Our Mission**

“Working hand in hand to know Christ and make Christ known through Worship, Christian Education, Evangelism, Fellowship, Caring Ministries, and Service.”

## **Welcome to all who have come to worship.**

“Taste and see that the Lord is good!” (Psalm 34:8). Welcome to worship, where all are invited to the feast by the Bread of Life himself.

## **Visitors**

We welcome all visitors to First Lutheran today and ask that you sign our guest book in the narthex.

## **Nursery**

The nursery, located beside the narthex, is available for use for any parent feeling the need to use it during worship services with their child.

## **Thank you for your giving**

Sunday, August 4<sup>th</sup>, Attendance – 107

Online Viewing – 40

General Fund & Plate Giving - \$6,273.36

## **Altar Flowers**

Altar flowers today are from Steve & Peggy Wollmuth in honor of their 49<sup>th</sup> Anniversary which will be this Thursday, August 15<sup>th</sup>.

## **Hearing Assist**

First Lutheran has hearing assist systems to be used during the worship services. If you feel you could benefit from this or want to try it, please see the ushers in the narthex.

## **Pastoral Care**

Please call Pastor Paul (701-240-4712) or the church office (701-462-3775) if you or a loved one are in the hospital or know you will be going to the hospital. The church does not get informed of your stay by any of the hospitals even if you are registered under our congregation's name. We want to make sure you get pastoral care. Thank you!

***This week we pray for:***

**This Week's New Prayer Requests:**

**Prayers of Christian Sympathy:**

***Long Term prayer requests:***

**Members:** Alton Krebsbach, Howard Johnson, Karen Goehring

\* The person in parenthesis is who the person is related to or friends of. Please feel free to ask these individuals how best you can pray for their family/friend.

***This month we pray for:***

**Members:** Sande Wagner, Arlene Schwarz

**Friends & Family:** Clara Olson (Sharon Chrest), Steve Reynolds (Brad & Cathy Sheldon)

## ***This Quarter we pray for:***

**Members and Nonmembers:** Corrine Kerzmann (Donna Gunderson), Marion Narum (Peggy Moran), Ty Brown (Jody & Nicole Brown), Alice Richard, Jackie Olson

## **Military Prayer and Card List**

We pray for the Men & Women in our Military who protect our country, especially those assigned to serve overseas or away from home.

- **Members of First Lutheran on Active Duty in the Military and the National Guard:**  
SGT Bryce Rost – Army National Guard  
SPC Olivia Retterath – National Guard - Deployed  
SPC Cassidy Sommer – National Guard  
SGT Jonathan Melvard – Army National Guard
- **Friends and Family on Active Duty in the Military and in the National Guard:**  
SGT Dustin Enockson – National Guard  
Emily Johnson – Air Force  
Bryar Anderson – Marines  
1SGT Jordan Ternes – Army National Guard  
Tech. SGT Andre Austin – Air Force  
Hunter Feigum – National Guard  
Morris Duffy – Medical Air Guard  
Adam Walsvik – National Guard

### ***Notice of Prayer List Policy***

We have a monthly /quarterly prayer list cycle. When you add someone to our prayer list the request will remain on our monthly list for four weeks and then be removed. If you would like to have the request moved to our quarterly list, please contact the office and the request will be added to our “This Quarter we pray for:” list for the next three months. Please help us keep our prayer list current by communicating updates to the office at 701-462-3775. Thank you all for your faithful prayers for all of God’s people.

## **Large Print Bulletins**

We have large print bulletins for those wanting or needing larger print. Ask the ushers for one.

## **Bowls and Pans**

There are a lot of bowls and pans in the kitchen from food brought for funerals, etc. Please stop and check to see if any belong to you and take them home.

## **Thank You**

A HUGE THANK YOU to all our organizers and volunteers for the carnival this past week. They did an awesome job!

## **School Bags for LWR**

Quilters are looking for help on Monday, August 12<sup>th</sup> at 10:00 am to string school bags for LWR. Please come and help if you are available.

## **Church Council**

Church council will meet this Monday, August 12<sup>th</sup>, at 6:30 pm.

## **Deborah Bible Study**

Deborah Bible Study will meet this Thursday, August 15<sup>th</sup>, at 9:30 here at the church. It will be a potluck. Study is Tender Warrior – Lesson 7.

## **Confirmation Leaders Meeting**

There will be a meeting for all confirmation leaders next Sunday, August 18<sup>th</sup>, at 10:45 am.

## **Carpet in Basement Sunday School Rooms**

New carpet will be put in the four Sunday school rooms in the basement, hopefully before Sunday school starts. Total cost of the carpet and installation is \$4,500. A hat will be passed this Sunday and next Sunday to take a collection to help pay for the carpet. The four rooms were already painted this summer. So they will have a fresh new look.

## **Altar Flower Signup Sheet**

A signup sheet for altar flowers through September 29<sup>th</sup> is on the table in the narthex. Signup for that Sunday you want before it is taken. You furnish the flowers and make sure they get to the church.

## Connections Magazine

The July/August issue of *Connections* is in the magazine racks in the narthex. Pick up a copy today to read updates on LCMC, NALC and other interesting articles.

## Our Daily Bread and Portals of Prayer

The June/July/August issue of *Our Daily Bread* and the July - September 2024 issue of *Portals of Prayer* are in the magazine racks in the narthex. Pick up a copy to use with your daily devotions.

## COMMUNITY AND AREA ANNOUNCEMENTS

Edgewood Healthcare invites you to join them at Dakota Farms for **Coffee and a Muffin or a Carmel Roll** on Wednesday, August 14<sup>th</sup>, from 9 – 11 am. Kelly Bengtson from Edgewood Dominion looks forward to meeting you.

### THIS WEEK AT FIRST LUTHERAN

TODAY	9:30 AM	Worship
	10:30 AM	Fellowship/Coffee Hour
	10:45 PM	Fireside Bible Study
	7:00 PM	AA Meeting Al-Anon Meeting
MON.	10:00 AM	Stringing LWR School Bags Chat & Sew Quilting
	6:30 PM	Church Council
TUES.	10:00 AM	Mommy's Group
WED.	7:00 PM	FLY
THURS.	9:30 AM	Deborah Bible Study at the Church
SUN.	9:30 AM	Worship w/Holy Communion
	10:30 AM	Fellowship/Coffee Hour
	10:45 AM	Fireside Bible Study
		Confirmation Leaders Meeting
	7:00 PM	AA Meeting Al-Anon Meeting

# *Listening for the Promise*

## WEEKLY DEVOTIONAL

**Twelfth Sunday after Pentecost (Proper 14) – August 11, 2024**

*“<sup>51</sup>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.”*

*–John 6:51–*

We continue to hear from the “Bread of Life Discourse” in our gospel readings. Last week we recalled the physical needs that God provides for us to care for us, needs like food, water, clothing, etc. And while those things are good and important, they don’t ultimate provide us with salvation. Jesus was teaching the crowd the difference between the earthly bread that God provides for us and the life-giving bread we receive in Jesus Christ.

Jesus gave us his flesh when he died on the cross. He gave himself up for us, destroying the power of the devil, death, and sin. Jesus gives us his flesh in the bread we receive at Holy Communion.

Martin Luther says, “Holy Communion is the true body and blood of our Lord Jesus Christ under the bread and wine, given to us Christians to eat and drink, as it was instituted by Christ himself.” Furthermore, Luther says, “the forgiveness of sin, life, and salvation are given to us in the Sacrament, for where there is forgiveness of sin, there is also life and salvation.” Jesus Christ is the Bread of Life. He is the living bread, which we receive when we come to his table.

Jesus proclaims that whoever feeds on his flesh and drinks his blood will abide in him, and likewise, he will abide in them. (See v. 56). The same gift of life that is provided for us through Christ’s crucifixion is also provided to us through the Sacrament of Holy Communion. Those who believe in Christ crucified and risen from the dead have salvation and forgiveness of sin.

Jesus invites sinners to come to his table that he has set before us. As we hear the Words of Institution spoken and we eat the bread and drink the wine, we can leave our Lord’s table feeling the load of sin being lifted off of ourselves and placed onto Christ. We are free from the weight of sin. As we rejoice that we’re freed, we can invite others to receive the living bread.

**Prayer:** Gracious God, we give you thanks that you have given us the gift of your life-giving bread. Help us to receive it with grateful hearts, that we might share it with others. We ask this in Jesus’ name, amen.