



Small Catechism of Martin Luther

The Sacrament of the Altar

What is the Sacrament of the Altar?

It is the true body and blood of our Lord Jesus Christ under the bread and wine, instituted by Christ himself for us Christians to eat and to drink.

Where is this written?

The holy evangelists Matthew, Mark, and Luke, and St. Paul write thus:

“In the night in which he was betrayed, our Lord Jesus took bread, and gave thanks; broke it, and gave it to his disciples, saying: Take and eat; this is my body, given for you. Do this for the remembrance of me. Again, after supper, he took the cup, gave thanks, and gave it for all to drink, saying: This cup is the new covenant in my blood, shed for you and for all people for the forgiveness of sin. Do this for the remembrance of me.”

What is the benefit of such eating and drinking?

The words “given for you” and “shed for you for the forgiveness of sin” show us that forgiveness of sin, life, and salvation are given to us in the sacrament through these words, because where there is forgiveness of sin, there is also life and salvation.

How can bodily eating and drinking do such a great thing?

Eating and drinking certainly do not do it, but rather the words that are recorded: “given for you” and “shed for you for the forgiveness of sin.” These words, when accompanied by the physical eating and drinking, are the essential thing in the sacrament, and whoever believes these very words has what they declare and state, namely, “forgiveness of sin.”

Who, then, receives this sacrament worthily?

Fasting and bodily preparation are in fact a fine external discipline, but a person who has faith in these words, “given for you” and “shed for you for the forgiveness of sin,” is really worthy and well prepared. However, a person who does not believe these words or doubts them is unworthy and unprepared, because the words “for you” require truly believing hearts.

Table Blessings

The children and the members of the household are to come devoutly to the table, fold their hands, and recite:

“The eyes of all wait upon you, O Lord, and you give them their food in due season. You open your hand and satisfy the desire of every living creature.”

Then they are to recite the Lord’s Prayer and the following prayer:

“Lord God, heavenly Father, bless us and these your gifts, which we receive from your bountiful goodness, through Jesus Christ our Lord. Amen.”

Similarly, after eating they should in the same manner fold their hands and recite devoutly:

“Give thanks to the Lord, for the Lord is good, for God’s mercy endures forever. God provides food for the cattle and for the young ravens when they cry. God is not impressed by the might of a horse, and has no pleasure in the speed of a runner, but finds pleasure in those who fear the Lord, in those who await God’s steadfast love.”

Then recite the Lord’s Prayer and the following prayer:

“We give thanks to you, Lord God our Father, through Jesus Christ our Lord for all your benefits, you who live and reign forever. Amen.”

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