

### WARM-UP

- Recall a recent celebration you were part of. How important was it to celebrate that event?
- Do you have a daily ritual or routine? What is it for and why do you do it?
- Name one of your family traditions. What does it say about what you value as a family?

**WORD** *<sup>41</sup>So those who received his word were baptized, and there were added that day about three thousand souls. <sup>42</sup>And they devoted themselves to the apostles' teaching and the fellowship, to the breaking of bread and the prayers.*

**ACTS 2:41-42**

What we believe shapes our traditions and the things we do. After hearing the gospel from Peter, many disciples were baptized into the faith and sought to follow the words and ways of Jesus. Their devotion was not to earn salvation, but as a means of grace. The different means of grace, including sacraments, are not ways by which we receive grace to be saved. Rather, they are channels by which we experience more of God's grace to live out our salvation. Let's look at the two sacraments that Jesus Himself instituted and why we still practice them today.

# 1 Through the sacrament of communion, we remember and proclaim what Jesus has done for us.

. . . <sup>24</sup>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.**" <sup>25</sup>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." <sup>26</sup>For as often as you eat this bread and drink the cup, **you proclaim the Lord's death until he comes.**

**1 CORINTHIANS 11:24-26**

We celebrate the Lord's Supper or communion, not just for tradition, but to recognize and remember Jesus' life, death, and resurrection, which paved the way for our salvation. We remember His body which was broken for us, that by His wounds we may be healed (Isaiah 53:5). We thank Him for His blood poured out for the cleansing of our sins (1 John 1:7). By doing this, we proclaim the gospel in faith and hope that Jesus will come again. Why is it important that we remember what Jesus has done through communion?

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# 2 Through the sacrament of baptism, we publicly identify with what Jesus has done for us.

*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.* **ROMANS 6:4**

(Read also **ROMANS 6:9-10.**)

The Gospel of Matthew gives us several pictures of baptism and its importance (Matthew 3:16; 28:19). As believers, we participate in water baptism publicly. Through baptism, we

declare that when Christ died, our old sinful selves died with Him. Just as Christ rose from the dead, we too will rise with Him in the *newness of life*. Baptism is an act of faith and obedience as we believe the gospel and turn to God. Recall the moment you were water baptized. What was your posture and declaration of faith then?

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### Through these sacraments, we receive and live out God's grace.

*<sup>5</sup>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. <sup>6</sup>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. ROMANS 6:5-6*

The Bible records these as the two sacraments that Jesus gave the church (1 Corinthians 11:24–26 and Matthew 28:18–20). These acts are a means of grace and serve as visible signs of what God is doing in believers. When we practice communion or are baptized, it is not the act that earns God's grace. Instead, by these acts of faith, we position ourselves to experience more of His grace. When we are reminded of Christ's death, burial, and resurrection, we become empowered to no longer yield to sin and to live for God through the power of His resurrection. How does God's grace help us obey Him (Titus 2:11–14)?

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## APPLICATION

- Are there mindsets you have about sacraments that may not be aligned to Scripture? How might our lesson today help align your motivation and heart to the truth?
- Have you been baptized in water? Would you like to publicly declare your faith and identify with Jesus' death, burial, and resurrection? How do you think this will help you grow in your knowledge of and love for God?
- Through communion, we proclaim the Lord's death until He comes. With whom can you share the saving truth about Jesus this week?

## PRAYER

- Thank God for sending His Son, Jesus, to save us. Thank Him for the sacraments by which we can celebrate Jesus and receive more of His grace.
- Ask God to help you have the right understanding, motivation, and heart as you participate in the sacraments. Pray that you won't take for granted your salvation paid for by Christ and will grow in your love for God every day.
- Pray that you will live as one who has died to sin and is alive in Christ. Pray for the boldness to share what Jesus had done to those around you.



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