

The Lord's Supper Recipe

"This recipe is great anytime of year!" Katharina Luther
 "Goes great with an agape feast!" Priscilla
 "As often as you eat this bread and drink this cup, you proclaim the Lord's death until he comes!" Paul
 "I am the bread of life. Whoever comes to me will never be hungry, and whoever believes in me will never be thirsty." Jesus

Ingredients:

- ✓ God's Word (command and promise)
 - Words of institution
 - "Take and eat"
 - "Given and shed for you"
 - "For the forgiveness of sins"
 - "Do this for the remembrance of me"
- ✓ A sign (a common earthy thing)
 - Bread
 - Wine
- ✓ Faith*

* if you have no faith on hand, remember, faith doesn't *make* the sacrament, faith receives it (see nutrition facts for more details).

Directions:

When all ingredients are mixed together, the true body and blood of Jesus Christ takes form and shape – *for you*.

Prep: You bring the bread and wine, but in order to reap the full nutritional benefits, Jesus Christ alone prepares this meal for you by his life, death, and resurrection.

Bake Time: None. God affects the promise immediately by Jesus' words.

Ready In: Serve immediately, receive immediately.

Servings: Infinite

Nutrition Facts*	
Amount per Serving	% Daily Value
Total Fat 4g	5%
Saturated fat 0g	0%
Unsaturated fat 4g	8%
Cholesterol 10mg	5%
Sodium 200mg	9%
Total Carbohydrate 20g	8%
Dietary Fiber 5g	18%
Sugars 5g	10%
Protein 6g	12%
God's Word	200%
Command	100%
Promise	100%
Forgiveness	100%
Life	100%
Salvation	100%
Faith	100%

*The above figures, from 'Fat' to 'Protein,' are only averages determined by the breads in common usage; they are subject to change. **From 'God's Word' to 'Faith,' the figures are accurate and trustworthy – not subject to change.**