



All Christians' Fellowship International

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Introduction to the Christian Faith – (Youths and Young Adults)

Lesson #10 Learning the Sacraments

In this lesson you will learn:

- What sacrament means
- Types of sacraments

What are **Sacraments**? Are they real?

Should they still be practiced in the modern-day Church? If so, which ones?

What is a Sacrament?

A sacrament is an outward sign of and inward work. Sometimes the word ordinance is used meaning ordained of the Lord.

There are two main sacraments practiced in the Christian Church and recorded in the Bible:

1. Water Baptism
2. The Lord's Supper

Sacrament 1 - Water Baptism



What is it and what does the Bible say about it?

- Jesus clearly taught that every believer should follow in his steps and be water baptized.
- Water baptism was ordained by Jesus Christ both by his own example and by his direct commandment in **Matthew 3:13-15** *"Then Jesus came from Galilee to the Jordan to be baptized by John. But John tried to deter him, saying 'I need to be baptized by you, and do you come to me?'"*
Jesus replied, 'Let it be so now; it is proper for us to do this to fulfill all righteousness.' Then John consented."
- Before he ascended into heaven, in **Matthew 28:19** Jesus commanded them *"Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit"*
- Water baptism is a picture of what Christ has done in our heart.
- It is a symbolic act that shows in a visible way that Christ has washed away our sins. The Bible says our old life has been buried and our sinful nature has been dealt with. It now can be controlled because it is under the blood of Christ. You have been crucified with Christ; we are now made new.
2 Corinthians 5:17 says: *"Therefore, if anyone is in Christ, he is a new creation; the old has gone, the new has come!"*

- Water baptism is a public confession of an inward action in obedience to Christ's command. Your sins are now forgiven, and you have become a true follower of Jesus Christ.

Water Baptism Practiced by the Apostles

- ✚ Water baptism was practiced by the New Testament Church as the first step upon conversion of a new believer.
- ✚ In **Acts 2:38** as soon as a person repented and confessed Christ, they were instructed to be water baptized.
- ✚ When a person committed their heart to Christ, they were water baptized immediately. In **Acts 8:36** the Ethiopian Eunuch was baptized immediately.
- ✚ Some believe that water baptism makes you more prone to backsliding. The truth is it helps prevent backsliding because it is a step forward with Christ.
- ✚ Re: Infant Baptism. The question is often asked - if I was baptized as a child do I need to be re-baptized as an adult?

Biblical answers:

1. Jesus was not baptized as a child. He was not taken to be baptized by his parents at all.
 2. He did not baptize infants or children, but he blessed the children. Read **Matthew 19:13-15**
 3. **Mark 16:16** says those that believed were baptized. Infant baptism is not the believer's baptism mentioned because infants cannot believe and receive Salvation, being too young to understand this process.
- The Bible teaches that baptism in water is only for the believer who has received Salvation, better named the Believers Baptism. When we are fully immersed in water it demonstrates our old life is washed away and renewed to usher in a new way of life. Read **Mark 16:16**
 - Christ himself was baptized in water according to **Mark 1:9-10** and the Apostles also baptized new believers in water in **Acts 8:38**
 - Baptism by immersion is a symbol of burial. Read **Romans 6:3-8**. The old life is gone and the new has come.
 - Water baptism is essential to discipleship. If we are going to be like Christ, water baptism is a step of obedience towards service in his Kingdom. It also must be carefully distinguished from Baptism by the Holy Spirit, as in **1 Corinthians 12:13**
Here is an example of Baptism in the Holy Spirit. Read **Acts 2:4**
 - Note: You are not saved because you are baptized, you are baptized because you are saved.



Sacrament 2 – The Lord's Supper

- The Bible teaches us to celebrate a Communion Service - a time when we are to reflect and remember the Lord's death until he comes.
Read **1 Corinthians 11:25-28, Matthew 26:26-29**
- The bread that we eat represents his broken body on the cross, while the juice which replaces the actual wine, represents his shed blood he poured out for us.

There are two main views about the Lord's Supper

1. Trans-Substantiation

This is a doctrine that teaches the bread, and the wine are literally changed into the body and blood of Jesus when it is consecrated at the altar.

The Bible clearly teaches the elements only represent Christ and are not literal but are symbols of his body and blood. The elements contain no flesh themselves and are not a means of eating Christ in the flesh as some believe we are. This is an anti-scriptural view. Read **1 Corinthians 11:25-26**

2. Consubstantiation

This is a doctrine that teaches the bread and wine in the Communion Service are not literally the body and blood of Christ. They only represent them, according to **1 Corinthians 11:25-26**

When should we partake in the communion elements?

- ✚ The Bible states in the Book of Acts they celebrated the Lord's Supper whenever they meet together. **Acts 20:7**
- ✚ In **Acts 2:46-47** it says that *"every day they continued to meet together in the temple courts, they broke bread and ate together with glad and sincere hearts..."*
- ✚ Communion can be celebrated on a daily basis or a monthly basis, depending on the preference. Both are Biblical and acceptable as noted by the verses above.
- ✚ Communion is a focus on Christ's life death and resurrection. The communion celebration helps us remember his sacrificial death on the cross that brought us forgiveness of sin and eternal life.
- ✚ Scripture commands us to remember the Lord's death until he comes.
Read **1 Corinthians 11:26**

Questions for you about this lesson **Please look up the following verses in your Bible**

1. Who should be water baptized and why? Read **Mark 16:16**
2. What is a Sacrament? How many are there?
3. Water baptism is essential for who?
4. Was Jesus baptized in water? Read **Matthew 3:13**
5. Why do we celebrate the Lord's Supper or communion? Read **1Corinthians 11:25-28**

www.acfministries.org - Bible verses taken from the New International Version