

The Heidelberg Catechism

77. Where has Christ promised that He will thus feed and nourish believers with His body and blood as certainly as they eat of this broken bread and drink of this cup?

In the institution of the Supper, which says: “The Lord Jesus the same night in which He was betrayed took bread: and when He had given thanks, He broke it, and said, Take, eat: this is my body, which is broken for you: this do in remembrance of me. After the same manner also He took the cup, when He had eaten, saying, This cup is the new covenant in my blood: this do, as often as you drink it, in remembrance of me. For as often as you eat this bread, and drink this cup, you proclaim the Lord’s death till He come.”¹ And this promise is also repeated by the Apostle Paul, where he says: “The cup of blessing which we bless, is it not the communion of the blood of Christ? The bread which we break, is it not the communion of the body of Christ? Because there is one bread, so we being many are one body, for we are all partakers of that one bread.”²

¹ 1 Cor 11:23-25; ² 1 Cor 10:16-17