

WORLD'S BEST INTERN



Grace to you and peace from God our Father and the Lord Jesus Christ,

I have been reflecting on the incredible gift that Christ has given to His Church through Holy Communion. Each time we gather at the Lord's Table, we are reminded of the depth of His love for us—a love that led Him to the cross for our salvation. The Greek word *agape* describes this kind of love: a selfless, sacrificial love that seeks the good of others before oneself. This is the love Christ demonstrated when He willingly gave His body and shed His blood for the forgiveness of our sins. In Holy Communion, we do not merely remember that sacrifice; we receive the very gifts Christ won for us through it—His forgiveness, peace, and assurance that we belong to Him.

Because Christ's love and sacrifice are so central to our faith, many Lutheran congregations celebrate Holy Communion every Sunday. We should recognize that just as we need to hear God's Word every week, we also need the comfort and strength that Christ gives through His Supper. After all, we would never suggest reading Scripture only twice a month so that it remains "special." We gather around God's Word every week because we need His promises every week. In the same way, we come to the Lord's Table often because we need the grace, forgiveness, and encouragement that Christ freely gives. The value of Holy Communion is not found in its rarity, but in the Savior who invites us to receive His gifts and experience His *agape* love again and again.

Yours in Christ,

Jared R. Walters

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