

**Q43:** What are the sacraments or ordinances?

**A43:** The sacraments or ordinances given by God and instituted by Christ, namely baptism and the Lord's Supper, are visible signs and seals that we are bound together as a community of faith by his death and resurrection. By our use of them the Holy Spirit more fully declares and seals the promises of the gospel to us.

**Romans 6:4**

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.

**Luke 22:19-20**

And he took bread, and when he had given thanks, he broke it and gave it to them, saying, "This is my body, which is given for you. Do this in remembrance of me." And likewise the cup after they had eaten, saying, "This cup that is poured out for you is the new covenant in my blood."

**Discuss the question:**

- What thoughts come to mind when you hear the terms sacraments or ordinances?
- How many ordinances are we commanded to follow?

**Discuss the Scripture:**

- What does it mean to be buried with Christ by baptism into death?
- Is this verse saying that baptism saves?
- What is the result of our being buried with Christ?
- What is Jesus saying in the Luke passage concerning Himself?

**Discuss the answer in light of the Scripture:**

- Why is it important to remember that the sacraments or ordinances are given by God and instituted by Christ?
- What happens when we forget this?
- How are the sacraments or ordinances visible signs?
- How are the sacraments or ordinances visible seals?
- How does the church tie into the sacraments?
- What does it mean that the Holy Spirit more fully declares and seals the promises of the gospel to us?

If you are a born again believer, have you been baptized?  
If not, what is holding you back?

How do you approach times of baptism and communion?  
Routinely or relationally?