

Is there a biblical way to teach or prepare altar workers?

Altar workers is not a New Testament term. It is used by various religious groups to describe those that light candles and otherwise serve during a service. Since it is not a New Testament term, there is not a New Testament definition. The Israelites and pagans used altars to offer animal sacrifices.

The offering on the altar for Christians is the blood of Christ poured out for many unto the remission of sins (Matthew 26:28). Our high priest is Christ, and the sacrifice is his death upon the cross. In Hebrews 13:10-14, we read:

10 We have an altar from which those who serve the tabernacle have no right to eat. 11 For the bodies of those animals whose blood is brought into the holy place by the high priest as an offering for sin, are burned outside the camp. 12 Therefore Jesus also, that He might sanctify the people through His own blood, suffered outside the gate. 13 So, let us go out to Him outside the camp, bearing His reproach. 14 For here we do not have a lasting city, but we are seeking the city which is to come.

Not only is the altar the altar of Christ, but all Christians are priests. 1 Peter 2:4-6 teaches us that we do spiritual sacrifices and all Christians are priests:

And coming to Him as to a living stone which has been rejected by men, but is choice and precious in the sight of God, 5 you also, as living stones, are being built up as a spiritual house for a holy priesthood, to offer up spiritual sacrifices acceptable to God through Jesus Christ.

Congregations of true Christians take the Lord's Supper every first day of the week (Acts 20:7). Those who serve the Lord's Supper need only follow exactly what Christ did when he instituted it. See 1 Corinthians 11:23-29:

For I received from the Lord that which I also delivered to you, that the Lord Jesus in the night in which He was betrayed took bread; 24 and when He had given thanks, He broke it and said, "This is My body, which is for you; do this in remembrance of Me." 25 In the same way He took the cup also after supper, saying, "This cup is the new covenant in My blood; do this, as often as you drink it, in remembrance of Me." 26 For as often as you eat this bread and drink the cup, you proclaim the Lord's death until He comes. 27 Therefore whoever eats the bread or drinks the cup of the Lord in an unworthy manner, shall be guilty of the body and the blood of the Lord. 28 But a man must examine himself, and in so doing he is to eat of the bread and drink of the cup.