

We believe that the Lord's Supper is an ordinance of the Lord in which gathered believers break and share bread, signifying Christ's body broken for sacrificial and selfless living, and drink the cup, signifying the pouring out of Christ's blood for cleansing and healing from sin. We do this in remembrance of the Lord, expressing our desperate need for Christ's broken body and poured out blood, and thus proclaiming His death until He comes. Those who eat and drink in a worthy manner partake of Christ's body and blood, not physically, but spiritually, in that, by faith, they are nourished with the benefits He obtained through His death, and thus grow in grace and love for neighbor and God.¹

Since we observe the Lord's Supper every week, it is imperative that we take the time to give proper thought to understanding to what this means for the church and in our lives.

This week we are going to focus on the historical origin of the Lord's Supper.

- The Gospels of Matthew (26:26ff), Mark (14:22ff), and Luke (22:14ff) all report the Last Supper that Jesus had with his disciples the night before he died.
- As far as we can tell from the earliest records, the church did what Jesus said: They reenacted that supper in remembrance of Jesus and his death.
- It's called "the Lord's Supper" probably because it was instituted or ordained by the Lord Jesus, and because its very meaning celebrates the memory of the Lord's death. Paul says in [1 Corinthians 11:23-24](#), "I received from the Lord what I also delivered to you,
- Jesus himself is the origin of the Lord's Supper. He commanded that it be continued. And he is the focus and content of it.

SONG

Let me slowly read from (1 Corinthians 11) as we move joyfully and seriously to the Lord's Table.

Whoever, therefore, eats the bread or drinks the cup of the Lord in an unworthy manner [that is, not trusting and treasuring the precious gift of Christ] will be guilty of profaning the body and blood of the Lord. 28 Let a person examine himself, then, [not to see if you are good enough, but to see if you are willing to turn away from yourself trust Jesus for what you need]...

24 ...so when Jesus 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...

With this in mind, lets eat and drink resting in the finished work of Jesus Christ.

¹ Adapted from Bethlehem Baptist Church's Elder Affirmation

Lords Super

Week 2

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This week we are going to focus on the believing participants.

- The Lord's Supper is an act of the gathered family of those who believe in Jesus, the church. It is not an act for unbelievers.
- This is the body of Christ, the assembly of the followers of Jesus. Those who have turned from idols and trusted Jesus alone for the forgiveness of their sins, and for the hope of eternal life, and for the satisfaction of their souls. These are Christians.
- So the participants in the Lord's Supper are the gathered believers in Jesus.

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This week we are going to focus on the physical action of the Lord's Supper.

- The physical action of the Lord's Supper is not the consumption of a seven-course meal. It is very simple. It is eating bread and drinking the cup.
- There is nothing specifically in Scripture about the kind of bread or cup we should use, but it should be representative of the body and blood of Jesus.
- The frequency of the Lord's Supper is not prescribed either, but we are to do it often, with weight, and in relation to the ministry of the Word of God.
- Obviously the breaking of bread is representative of the breaking of the body of Jesus on our behalf and the juice represents his blood that had to be offered.
- In Jesus, God's demand of a perfect sacrifice was met and his wrath was appeased.

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This week we are going to focus on the mental action of the Lord's Supper.

- Is to focus the mind on Jesus and especially his historical work in dying for our sins.
- We are to consciously call to mind the person of Jesus as he once lived and the work of Jesus as he once died and rose again, and what his work means for the forgiveness for our sins.
- The Lord's Supper is a stark reminder, time after time, that Christianity is not new-age spirituality. It is not getting in touch with your inner being. It is not mysticism. It is rooted in historical facts. Jesus lived. He had a body and a heart that pumped blood and skin that bled. He died publicly on a Roman cross in the place of sinners so that anyone who believes on him might be rescued from the wrath of God. That happened once and for all in history.
- Therefore, the mental action of the Lord's Supper is foundationally remembering. Not imagining. Not dreaming. Not channeling. Not listening. Not going into neutral. It is a conscious directing of the mind back into history to Jesus and what we know about him from the Bible. The Lord's Supper roots us, time after time, in the nitty-gritty of history. Bread and Cup. Body and blood. Execution and death.

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This week we are going to focus on the spiritual action of the Lord's Supper.

- Anyone can go through the motions of eating and drinking, but something more must be happening than only eating, drinking, and remembering. Something that unbelievers and the devil cannot do.
- Look again t the phrase we read earlier, *those who eat and drink in a worthy manner partake of Christ's body and blood...*
- Here is something much deeper than remembering. Here are believers—those who trust and treasure Jesus Christ—and Paul says that they are participating in the body and blood of Christ. Literally, they are experiencing a sharing (*koinōnia*) in his body and blood. They are experiencing a partnership in his death.

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This week we are going to focus on the sacred seriousness of the Lord's Supper.

- Paul warns that if you come to the Lord's Supper in a cavalier, callous, careless way that does not discern the seriousness of what happened on the cross, there could be consequences.
- Don't take the Lord's Supper lightly. It is one of the most precious gifts Christ has given to his church. Let's eat it together.
- By faith—by trusting in all that God is for us in Jesus—we nourish ourselves with the benefits that Jesus obtained for us when he bled and died on the cross.
- This is why we lead you in various focuses at the Lord's table from month to month (peace with God, joy in Christ, hope for the future, freedom from fear, security in adversity, guidance in perplexity, healing from sickness, victory in temptation, etc.). Because when Jesus died, his shed blood and broken body, offered up in his death on our behalf, purchased all the promises of God. Paul says, "All the promises of God find their Yes in him" ([2 Corinthians 1:20](#)). Every gift of God, and all our joyful fellowship with God, was obtained by the blood of Jesus on the cross.

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