

## Lesson 10

### The Lord's Supper

Participating in Holy Communion is celebrating, honoring, and remembering the victory Jesus Christ provided on the Cross. The commemoration and remembrance of Jesus Christ's last supper, and all the benefits that result to believers. Other terms have been used subsequently by Christians, including "Communion."

#### **Matthew 26:26-28 | Jesus Christ's institution of the Lord's Supper**

*<sup>26</sup> And as they were eating, Jesus took bread, blessed, and broke it, and gave it to the disciples and said, "Take, eat; this is My body." <sup>27</sup> Then He took the cup, and gave thanks, and gave it to them, saying, "Drink from it, all of you. <sup>28</sup> For this is My blood of the new covenant, which is shed for many for the remission of sins."*

- The reference to the (new) covenant implies a personal relationship with God and sins forgiven.
- The bread is symbolic for the body of Jesus, which is broken for us.
- The Blood is symbolic for the New Covenant in Jesus Christ.

#### **1 Corinthians 11:23-24 | A Meal of Thanksgiving**

*<sup>23</sup> For I received from the Lord that which I also delivered to you: that the Lord Jesus on the same night in which He was betrayed took bread; <sup>24</sup> and when He had given thanks, He broke it and said, "Take, eat; this is My body which is broken for you; do this in remembrance of Me."*

- Whenever we come to this meal, we give thanks and celebrate our new identity as beneficiaries of the cross. God fills our hearts with gratitude because he has made us people whom he has forgiven and loved through the atoning work of Christ.

#### **A Meal That Unites Us:**

- The Lord's Supper is rightly called communion because it helps us to experience unity with Christ. But it also helps us experience unity with each other.
- The Lord's Supper reminds us we belong to something much larger than ourselves. We are united to one another in Christ. This was the crux of Paul's teaching to the Corinthian church. This meal reminds them of the unity they were beginning to forget.

#### **1 Corinthians 10:16 | A Meal in the Presence of Christ**

*<sup>16</sup> 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?*

- When we eat and drink this meal by faith, Christ is present in a meaningfully symbolic and powerfully spiritual way. The Holy Spirit lifts us up to commune with Christ and he is present with us in a real way.
- We do not place our faith into the elements, but into the finished work of Christ.

### **1 Corinthians 11:24 | A Meal of Remembrance**

*<sup>24</sup> And when He had given thanks, He broke it and said, "Take, eat; this is My body which is broken for you; do this in remembrance of Me."*

- Jesus instituted the meal to remember Him.
- We forget the gospel all the time. We lose sight of his nature, his Word, and our identity in Christ. When this happens, we revert to our performance, possessions, achievements, or the approval of others to tell us who we are.
- We remember we are united to God in Christ. All God's promises are yes and amen in Jesus. We remember that we are washed, accepted, heard, and free from sin, death, and Satan. Through the gospel, we are the righteousness of God in Christ.

### **1 Corinthians 11:26 | A Meal of Hope and Longing**

*<sup>26</sup> For as often as you eat this bread and drink this cup, you proclaim the Lord's death till He comes.*

- We eat today looking forward to a great wedding banquet in a new heaven and earth, completely restored, where God will make all things new.

### **1 Corinthians 11:27-32 | Preparing for the Lord's Supper**

*<sup>27</sup> Therefore, whoever eats this bread or drinks this cup of the Lord in an unworthy manner will be guilty of the body and blood of the Lord. <sup>28</sup> But let a man examine himself, and so let him eat of the bread and drink of the cup. <sup>29</sup> For he who eats and drinks in an unworthy manner eats and drinks judgment to himself, not discerning the Lord's body. <sup>30</sup> For this reason, many are weak and sick among you, and many sleep. <sup>31</sup> For if we would judge ourselves, we would not be judged. <sup>32</sup> But when we are judged, we are chastened by the Lord, that we may not be condemned with the world.*

- According to Paul, God disciplined some Corinthians who took this meal in an unworthy manner. Under God's corrective love, many were weak and ill, and some even died. God gives them a taste of temporary discipline to recuse them from eternal judgement.

### **Let Us Examine Ourselves:**

- Is there a sin that we need to repent of?
- Is there someone that you may need to forgive, or forgive yourself?
- Are we being divisive in the church? Are we carrying out the vision the Lord has given us?
- Do not skip out of this meal, repent, and forgive. Come back to the Gospel of Jesus Christ. This meal is for us.