

Theme: Jesus gave us the Lord's Table so we might remember and commune with Him, repent of our sin, and receive His grace and joy to strengthen our walk with Him.

I. Intro - The Importance of Food

- A. In recent years I have come to appreciate food
- B. I do a lot of our cooking now and love a good meal
- C. Food is central to our humanity
 - 1. We can't live without eating
 - 2. Eating - one of the first commands we were given
 - 3. The Edenic prohibition surrounded food
 - 4. This importance continues throughout Scripture
 - a. Many trials for Israel surrounded food
 - b. Food the first wilderness temptation for Jesus
 - c. Consummation - the wedding supper of the Lamb
- D. No surprise to find a food ritual at the heart of Christian worship!
- E. How is the Lord's Table a habit of grace?
- F. How do we enjoy Jesus at The Table?

II. The Lord's Table As A Habit of Grace

- A. Jesus Himself gave us this Table
 - For I received from the Lord what I also passed on to you: The Lord Jesus, on the night 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, after supper he took the cup, saying, "This cup is the new covenant in my blood; do this, whenever you drink it, in remembrance of me." 1 Corinthians 11:23–25
 - 1. Jesus Himself instituted this practice - "received from the Lord"
 - 2. Jesus Himself actually did the first Lord's Supper
 - 3. Jesus told us to do this in remembrance of Him
 - 4. This meal is clearly meant to be an important part of our life as followers of Jesus
- B. The early church came to the Table regularly
 - They devoted themselves to the apostles' teaching and to the fellowship, to the breaking of bread and to prayer. Acts 2:42
 - 1. The breaking of bread = the Lord's Table
 - 2. They were devoted to the breaking of bread
 - 3. As regular a practice as Word, prayer, fellowship
- C. The importance of the Lord's Table as a habit of grace
 - 1. Some have incorrectly downplayed the Lord's Table
 - 2. Often an overreaction to the Roman Catholic false teaching of transubstantiation

3. We should not have a doctrine of the Real Absence!
4. The Lord's Table is as indispensable in a healthy Christian walk as the Word, prayer & fellowship; it is no more a mere ritual than they.

III. Enjoying Jesus Through His Table

A. Come to the Table to remember Jesus & the Gospel

For I received from the Lord what I also passed on to you: The Lord Jesus, on the night 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, after supper he took the cup, saying, "This cup is the new covenant in my blood; **do this, whenever you drink it, in remembrance of me.**" 1 Corinthians 11:23–25

1. Jesus tells us "Do this in remembrance of Me."
2. What we specifically remember - His death for us
3. At the Table we are given a visual reminder of Jesus' life, death resurrection and return for us.

For I received from the Lord what I also passed on to you: The Lord Jesus, **on the night 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, after supper he took the cup, saying, "This cup is the new covenant in **my blood**; do this, whenever you drink it, in remembrance of me." ²⁶ For whenever you eat this bread and drink this cup, **you proclaim the Lord's death until he comes.** 1 Corinthians 11:23–26

B. Come to the Table to commune with Jesus Himself

For I received from the Lord what I also passed on to you: The Lord Jesus, on the night 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, after supper he took the cup, saying, "**This cup is the new covenant in my blood**; do this, whenever you drink it, in remembrance of me." 1 Corinthians 11:23–25

1. Note the strong language Jesus uses - This is my...
2. Also, for Jews to "remember" was more than mental recollection - it was entering into the original event
3. Paul makes this clear elsewhere

Is not the cup of thanksgiving for which we give thanks a **participation** in the blood of Christ? And is not the bread that we break a **participation** in the body of Christ? ¹⁷ Because there is one loaf, we, who are many, are one body, for we all partake of the one loaf. 1 Corinthians 10:16–17

 - a. Participation - koinonia - not just bare symbol
 - b. This is a mystery - but at the Table we participate with Christ
 - c. As we partake we are united with Christ - and with His Body the Church (v17)
 - d. This is why Paul gives a strong warning as well

Therefore, whoever eats the bread or drinks the cup of the Lord in an unworthy manner will be guilty of sinning against the body and blood of the Lord. ²⁸ A man ought to examine himself before he eats of the bread and drinks of the cup. ²⁹ For anyone who eats and drinks without recognizing the body of the Lord eats and drinks judgment on himself. ³⁰ That is why many among you are weak and sick, and a number of you have fallen asleep. 1 Corinthians 11:27–30

1. To eat unworthily is to sin against the Lord (v27)
2. To eat unworthily brings judgement not grace (v29)
3. Some had even become sick and died! (v30)
4. This is obviously a very serious thing - not just some little ceremony!

4. At the Lord's Table we truly commune with and are nourished by Jesus Himself, receiving fresh grace to walk with Him.

C. Come to the Table with confession & repentance

Therefore, whoever eats the bread or drinks the cup of the Lord in an unworthy manner will be guilty of sinning against the body and blood of the Lord. ²⁸ **A man ought to examine himself before he eats of the bread and drinks of the cup.** 1 Corinthians 11:27–28

1. We are not to come unworthy - that would be sinful
2. We are called to examine ourselves
3. Not morbid introspection - examine, confess, repent

D. Come to the Table to be freed from judgement

For anyone who eats and drinks without recognizing the body of the Lord eats and drinks judgment on himself. ³⁰ That is why many among you are weak and sick, and a number of you have fallen asleep. ³¹ **But if we judged ourselves, we would not come under judgment.** ³² **When we are judged by the Lord, we are being disciplined so that we will not be condemned with the world.** 1 Corinthians 11:29–32

1. If we examine, confess, repent, we are not judged
2. God reveals and frees us from sin at the Table, so that we do not receive the penalty for sin along with the unbelieving world.

3. At the Table, rather than receiving justice for our sin, we are given grace by our loving Father so we might walk in holiness & full blessing.

IV. Applying the Word: Enjoying Jesus At His Table of Grace

A. Am I trying to fill my soul hunger other than by Jesus?

1. The Table reminds us that our souls hunger and thirst for Jesus
2. There is a deep longing in us to know and experience God
3. But the world calls us to other ways of satisfying this hunger and slaking this thirst
4. "It would seem that Our Lord finds our desires not too strong, but too weak. We are half-hearted creatures, fooling about with drink and sex and ambition when infinite joy is offered us, like an ignorant child who wants to go on making mud pies in a slum because he cannot imagine what is meant by the offer of a holiday at the sea. We are far too easily pleased." - CS Lewis
5. Anything we use to fill our hunger for God - entertainment, sex, work, people, money, power - is sin because we put it in the place of God
6. This is why the Table calls for self-examination
7. What am I using to try to fill my hunger & slake my thirst?
8. What drives me? What do I dream of in spare moments?
9. Where do I turn for solace when disappointed/tired?

B. Enjoying Jesus At His Table of Grace

1. Come to this Table confessing our sin
2. Come to this Table remembering the Gospel - Jesus died to cleanse us of sin
3. Come to this Table to commune with Jesus and receive fresh grace to enjoy Jesus throughout the coming week

Enjoying Jesus Through His Table

1 Corinthians 11:23-32

August 28, 2016

Communion

Hebrews 13:20-21

Teaching keywords: means of grace; Lord's Supper; confession and repentance

May the God of peace, who through the blood of the eternal covenant brought back from the dead our Lord Jesus, that great Shepherd of the sheep, ²¹ equip you with everything good for doing his will, and may he work in us what is pleasing to him, through Jesus Christ, to whom be glory for ever and ever. Amen. Hebrews 13:20–21

For I received from the Lord what I also passed on to you: The Lord Jesus, on the night he was betrayed, took bread, ²⁴and 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, after supper he took the cup, saying, “This cup is the new covenant in my blood; do this, whenever you drink it, in remembrance of me.” ²⁶ For whenever you eat this bread and drink this 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 will be guilty of sinning against the body and blood of the Lord. ²⁸ A man ought to examine himself before he eats of the bread and drinks of the cup. ²⁹ For anyone who eats and drinks without recognizing the body of the Lord eats and drinks judgment on himself. ³⁰ That is why many among you are weak and sick, and a number of you have fallen asleep. ³¹ But if we judged ourselves, we would not come under judgment.

³²When we are judged by the Lord, we are being disciplined so that we will not be condemned with the world. 1 Corinthians 11:23–32