

A banner with a background of a wooden desk, a green book, and a typewriter keyboard. The text "Catechism: Foundations of the Faith" is written in a dark green, serif font on a light yellow rectangular background.

Catechism: Foundations of the Faith

What Is the Lord's Supper?

Key idea:

Question 75: What is the Lord's Supper?

The Lord's Supper is the sacramental meal Christ commanded all believers to eat, in which the death of Christ for our salvation is represented in the breaking of the bread and the pouring out of the cup, and through which the believer spiritually feeds upon Christ, giving thanks to God as the elements are received in faith.

Key text:

Luke 22:19–20

And he took bread, gave thanks and broke it, and gave it to them, saying, "This is my body given for you; do this in remembrance of me." ²⁰ In the same way, after the supper he took the cup, saying, "This cup is the new covenant in my blood, which is poured out for you.

1 Corinthians 10:16

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?

Key points:

1. Jesus Himself instituted the Lord's Supper and commanded His followers to continue to partake of it to remember His work in their behalf.
2. The Lord's Supper is a meal that symbolically represents the substitutionary, atoning death of Jesus for us, and every time we come to the Lord's Table it is a reminder and proclamation of the sufficiency of His death for us.
3. The Lord's Supper is a sacramental meal. This means it is more than a mere symbol; as the meal is received in faith, the believer is spiritually united with the Divine reality signified by the elements - the Body and Blood of Christ.

Questions for discussion/application:

1. Note: This is BRCC Catechism Question 78. It is the first of six questions in our catechism dealing with water baptism.
2. What part of Sunday's text and teaching stood out most to me? Why?
3. Was there anything new I learned about the Lord's Supper on Sunday, or something that I had known but understood with greater depth?
4. Why does God work through physical things to meet us spiritually? Why do we need the water of baptism? Why does He have us eat bread and drink wine or juice to spiritually feed upon Christ and be strengthened by grace?
5. Why is it important to know that the Lord's Supper is a sacrament rather than a memorial or institution? How does that change my expectation as I receive communion each week? Which way have I tended to approach the Lord's Table in the past?
6. The Lord's Supper is known by many names in Scripture. What do I learn from each of the following names? (See [Catechism question 79](#) for further information.)
 - a. The breaking of bread
 - b. The Lord's Table
 - c. The Eucharist (thanksgiving)
 - d. Communion
7. What must I do to be prepared to receive all the benefits God offers at His Table? How can I prepare to receive the Lord's Table each Sunday?
8. Who will I call to encourage this week? What specific members of BRCC will I commit before God to pray for and call?

For further study:

The BRCC [Catechism](#)

- Question 72-74 on the sacraments
- Questions 78-83 for the Lord's Supper

[Enjoying Jesus Through His Table](#) - a teaching on the Lord's Table

[Communion](#) - a teaching on the sacrament of communion