

Theme: 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.

I. Why We Come to the Lord's Table Weekly

- A. Many congregations take the Supper weekly
- B. Why do we do this? What is this meal?
- C. Catechism Q78 - theme statement

II. The Lord's Supper - Commanded By Christ

The Lord's Supper is the sacramental meal Christ commanded all believers to eat...

- A. Jesus instituted the Lord's Supper
 - 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." Luke 22:19–20
- 1. Recorded in Matthew, Mark, and Luke - key event
- 2. Jesus celebrating the Passover with the disciples
 - a. He is eating a traditional Passover meal
 - b. Took bread, gave thanks, broke, gave - common actions for Jews at all meals, especially Passover
 - c. The cup was also a traditional part of Passover
- 3. Jesus transforms Passover
 - a. He will be sacrificed as the Passover Lamb
 - b. He transforms the practice & meaning of Passover

- c. This is My Body; my blood - the new covenant
- d. The new covenant is being initiated as the fulfillment of the Old Covenant, and thus a new meal is given to God's people that is the fulfillment of the old covenantal meal.

B. Jesus commanded disciples to eat of the Lord's Supper

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." Luke 22:19–20

- 1. Jesus tells the disciples to do this in remembrance of Him
- 2. He is not speaking of that moment but the future practice of the Church - to come to the Table in remembrance of Jesus.
- 3. Paul reiterates this command in 1 Cor. 11:23-26
- 4. This is why believers have practiced this from the beginning, across cultures, times, and denominations.

III. A Meal Representing the Death of Christ

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...

- A. This meal symbolically points to Jesus' death
 - 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." Luke 22:19–20

1. This was instituted on the night Jesus was betrayed
2. My body given for you; my blood poured out for you
3. This is a reminder of the substitutionary, atoning death of Jesus - bearing the punishment for us
Surely he took up our infirmities and carried our sorrows, yet we considered him stricken by God, smitten by him, and afflicted. ⁵ But he was pierced for our transgressions, he was crushed for our iniquities; the punishment that brought us peace was upon him, and by his wounds we are healed. ⁶We all, like sheep, have gone astray, each of us has turned to his own way; and the Lord has laid on him the iniquity of us all. Isaiah 53:4–6
4. In this meal we remember that Jesus was broken for our sins, that He was crushed for our iniquities, and that His blood has cleansed our sins and sealed the new covenant.

B. A reminder & proclamation of Christ's death for us
For whenever you eat this bread and drink this cup, you proclaim the Lord's death until he comes. 1 Cor 11:26

1. At the Table we remember Jesus death
2. At the Table we PROCLAIM Jesus death
3. Jesus as Jesus' death lies at the center of our verbal proclamation of the Word of God, so His death lies at the center of our visual proclamation of the Word via the Table.
4. This is why the Lord's Supper is a critical part of our weekly worship - it is a reminder and proclamation of the fact and the sufficiency of Jesus' death for us!

IV. A Sacramental Meal for Believers

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.

A. This meal is a sacrament - not just a memorial symbol

1. Some believers see this as a pure symbol, with no direct Presence of Christ or interaction with Christ
2. But like water baptism, this is more than a mere symbol - it is a sacrament.

3. Understanding sacraments (Question 72)

A sacrament is a special symbol given by God to His people that, when received in faith, serves as a sign and seal of His promises to us, functions as a means of grace to strengthen us, and through which we testify of our faith in Him and His promises.

- a. A sacrament is a special type of symbol - a physical thing pointing to and connecting us with a spiritual reality.
 - b. A sacrament is actually a means of grace - it conveys the things signified and promised.
 - c. Through a sacrament, we are spiritually united with the Divine reality signified by the sacrament.
4. At the Table we are spiritually united with Christ's Body and Blood and receive grace to strengthen us
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? 1 Corinthians 10:16

- a. A participation - κοινωνία - fellowship; sharing in; participation
- b. We don't just remember Christ's Body & Blood - by the Holy Spirit we participate with them.
- c. At this Table our spirit is nourished by Christ in a way analogous to how our body is nourished when we eat physical food.
- d. This is not because something happens to the bread or wine, but rather because the Spirit works to join us to Christ through these sacramental symbols.

B. This sacramental meal must be received in faith

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**.

1. Sacraments are only for believers, for they are effective only if received in faith.
2. The only way we receive anything from God is through faith - including at the Table.
3. Christ has done everything - we do not come by works.
4. Christ has done everything - but only those who come by faith receive the benefits of His work.

V. Applying the Word

A. Why this is so important for our growth in Christ

1. We must build our pattern of worship on Scripture - not current ideas or practices
2. We need to understand how we worship, and why we do the things we do in worship
3. God works via the means He has prescribed - not the things I personally like or find moving
4. Far too many "bible-believing" evangelicals downplay the very things God has given as MOST important for growing in faith, and stress things God has not stressed as important!
5. After Hours - The Physicality of Spirituality
6. Each week God wants to meet us vitally and experientially - more than just mentally and emotionally.
7. Come to Table with great expectation each week - and know that if you come in expectant faith, God meets you, whether you "feel it" or not!

B. The Lord's Supper - Our Sacramental Table

1. Luke 24:25-32 - Word and Table
2. Come have your eyes opened & receive from Christ

What Is the Lord's Supper?

Luke 22:19-20; 1 Corinthians 10:16

July 23, 2023

Communion

Numbers 6:24-26

Teaching keywords: Lord's Supper; sacrament; means of grace; sanctification; Church; worship; catechism

The Lord bless you and keep you; ²⁵ the Lord make his face shine upon you and be gracious to you; ²⁶ the Lord turn his face toward you and give you peace. Numbers 6:24–26

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. Luke 22:19–20

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? 1 Corinthians 10:16