



From the Last Supper To the Lord's Supper

Key idea:

Jesus commanded His followers to remember Him by celebrating the Lord's Supper, and the church has done this regularly since its earliest days because God vitally works through the Supper to teach, nourish, and strengthen His people.

Key text:

Mark 14:22-26

22 While they were eating, Jesus took bread, gave thanks and broke it, and gave it to his disciples, saying, "Take it; this is my body." 23 Then he took the cup, gave thanks and offered it to them, and they all drank from it. 24 "This is my blood of the covenant, which is poured out for many," he said to them. 25 "I tell you the truth, I will not drink again of the fruit of the vine until that day when I drink it anew in the kingdom of God." 26 When they had sung a hymn, they went out to the Mount of Olives.

1 Corinthians 11:23-26

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.

Key points:

1. Jesus commanded us to observe the Lord's Supper in remembrance of Him.
2. The Lord's Supper visibly proclaims the gospel.
3. It provides an opportunity for self-examination, confession, and repentance.
4. Through the Holy Spirit, it unites us with Christ and provides spiritual nourishment.
5. It unites believers with one another in the body of Christ.

6. The Lord's Supper points us to Christ's return and the coming wedding feast of the Lamb.

Discussion Questions:

1. What stood out to you most from the sermon? Was there anything that surprised you or challenged your previous understanding of the Lord's Supper?
2. Bret mentioned six reasons why the Lord's Supper is essential (see the key points above). Which of these reasons resonated with you the most and why?
3. How does understanding the Lord's Supper as a "participation" or "communion" with Christ's body and blood change your perspective on this sacrament?
4. The teaching emphasized that the Lord's Supper is not just a ritual but a spiritual nourishment. How have you experienced this in your own life?
5. Discuss the importance of taking the Lord's Supper in community. How does this challenge our individualistic tendencies in modern culture?
6. How does the Lord's Supper point us to Christ's return? How can this aspect help sustain us in our daily walk with God?

Practical Applications:

1. Before your next participation in the Lord's Supper, spend time in prayer and self-examination.
2. Reflect on how you can approach the Lord's Supper with a greater awareness of Christ's presence and work through it.
3. Consider how you can use the Lord's Supper as a reminder of your unity with other believers, especially those you might struggle to connect with.
4. This week, use the anticipation of Christ's return (as symbolized in the Lord's Supper) to encourage you in facing life's challenges.
5. Thank God for the gift of the Lord's Supper and ask for His help in approaching it with reverence, faith, and expectation.