

DEVOTED

Disciplines That Deepen Our Delight In God

Devoted — The Lord's Table

Key Idea:

God feeds and forms His people as the Spirit works through the sacrament of the Lord's Table in the worship of the gathered church so that their hearts flourish in ever-deepening delight in Christ, which then spills over into their daily lives, including meals shared with others.

Key Text:

And they devoted themselves to the apostles' teaching and the fellowship, to the breaking of bread and the prayers. Acts 2:42

Key Points:

1. **“The Breaking of Bread” Has a Rich Tapestry of Meaning** — Luke's phrase “the breaking of bread” weaves together regular shared meals, Jesus' miraculous feeding of the multitudes, the Last Supper, and the post-resurrection meal at Emmaus — all linked by the same four verbs: took, blessed, broke, and gave.
2. **The Lord's Table Is a Means of Grace, Not Merely a Symbol** — Paul describes the bread and cup as a true “participation” (*koinōnia*) in the body and blood of Christ. The Supper is a Spirit-given sacrament through which Jesus spiritually nourishes His people.
3. **We Come to the Table for Five Reasons** — Because Jesus commanded it; because it visibly proclaims the gospel; because it calls us to honest self-examination and repentance; because it unites us to Christ; and because it unites us to one another as members of the one Body.
4. **The Table Overflows Into Daily Life** — The early church's devotion to the Lord's Supper spilled over into ordinary shared meals, so that every table became an occasion for thanksgiving. The grace received in worship is meant to flavor all of life.
5. **Word and Table Undo the Curse Together** — The Emmaus road narrative deliberately reverses the Fall: where Adam and Eve snatched forbidden food and had their eyes opened to shame, Jesus opens the Scriptures and breaks bread so that our eyes are opened to see Him — and we are clothed in His righteousness rather than hiding in our nakedness.

Discussion Questions:

1. Bret shared that for years he was not devoted to the Lord's Table because he had not been taught much about it. How was the Lord's Supper practiced and taught in your background? How has your understanding or experience of it changed over time?
2. The same four verbs — took, blessed/gave thanks, broke, gave — appear in the feeding of the multitudes, the Last Supper, and the Emmaus meal. What does it tell us about how Luke wants us to read these events together? How does this shape your understanding of what is happening when we celebrate the Lord's Supper?

3. Paul describes the bread and cup as a true “participation” (koinōnia) in the body and blood of Christ (1 Corinthians 10:16). How does this understanding of the Supper as a genuine means of grace differ from viewing it as purely a memorial or symbol? What practical difference does it make to how you approach the Table?
4. 1 Corinthians 10:17 says that because there is one bread, we who are many are one body. How does receiving Communion together strengthen your sense of belonging to the Body of Christ? In what ways does this corporate dimension of the Table get lost or underemphasized?
5. 1 Corinthians 11:28 calls us to examine ourselves before receiving the bread and cup. What does healthy self-examination at the Table look like — and what does unhealthy self-examination (either too casual or too scrupulous) look like? How do you personally approach this practice?
6. At Emmaus, Jesus opened the Scriptures to the disciples on the road, and then was known to them in the breaking of the bread (Luke 24:35). How does this pattern — Word opening our understanding, Table opening our eyes — shape your expectation for what happens in gathered worship each week?
7. Bret drew a deliberate contrast between Genesis 3 and Luke 24: Adam and Eve snatched food they had no right to and hid from God, while Jesus gives food we have no right to and opens us to God and one another. How does this reversal of the Fall deepen your appreciation for what Christ offers at His Table?
8. The early church’s devotion to the Lord’s Supper overflowed into ordinary shared meals eaten “with glad and generous hearts” (Acts 2:46). In what ways might a deeper experience of the Lord’s Table transform how you approach everyday meals — alone, with family, or with others?
9. The Didache (an early church document) instructed Christians to gather every Lord’s Day to break bread and give thanks. What does the early church’s consistent, weekly practice of the Supper suggest about the role it should play in our gathered worship today?
10. Bret described the Lord’s Table as an “essential sacramental means of grace” rather than a “periodic symbolic ritual.” How does that reframing change your level of devotion to and anticipation of the Supper? What would it look like to come to the Table each week with growing expectancy?
11. This series has traced how each discipline in Acts 2:42 — the Word, fellowship, and now the Lord’s Table — works together to feed and form God’s people. How do you see these three disciplines strengthening and supporting one another in your own life? Which of the three most needs to grow in your devotion right now?

For Further Study:

For other teachings and resources to grow in your devotion to the Lord’s Table, take a look at the following:

- Use the “Why We Are Devoted to the Lord’s Table” handout distributed with this teaching (and available on the website on the page for this teaching) to meditate on the five reasons for devotion to the Supper this week.
- Re-listen to this teaching via podcast, or share it with someone who has never thought deeply about the Lord’s Table as a means of grace.

- Watch the After Hours Episode “[How Is Christ Present In the Lord’s Supper?](#)”
- Listen to or study the notes from “[Enjoying Jesus Through His Table](#)”
- Listen to or study the notes from “[What Is the Lord’s Supper?](#)”
- Listen to or study the notes from “[From the Last Supper To the Lord’s Supper](#)”
- Visit the church website to explore teachings organized by [series](#), by [Scripture](#), or by [topic](#) for a deeper study of the [Lord’s Supper](#), [the means of grace](#), [sacraments](#) and [worship](#).