

HC 75-77 –The Joys of the Lord’s Supper

Beloved in the Lord: Doctrines aren’t boring at all. Either you aren’t paying careful attention, or they aren’t being taught properly. So as we look at the doctrine of the Lord’s Supper today, you pay careful attention and I will try to teach it properly.

Our headings are:

The Lord’s Supper is a Sign and Seal of the Covenant

The Lord’s Supper is a Sign and Seal of the Gospel

The Lord’s Supper is Sustenance for the Weary Christian

Our goals are: That you will have a richer understanding of the Lord’s Supper and that you will then be drawn closer to the Lord.

The Lord’s Supper is a Sign and Seal of the Covenant

Q&A 75 How does the Lord’s Supper remind you and assure you that you share in Christ’s one sacrifice on the cross and in all His gifts?

A. In this way: Christ has commanded me and all believers to eat this broken bread and to drink this cup. With this command He gave this promise: *First, as surely as I see with my eyes the bread of the Lord broken for me and the cup given to me, so surely His body was offered and broken for me and His blood poured out for me on the cross.* *Second, as surely as I receive from the hand of the one who serves, and taste with my mouth the bread and cup of the Lord, given me as sure signs of Christ’s body and blood, so surely He nourishes and refreshes my soul for eternal life with His crucified body and poured-out blood.*

Q&A 76 What does it mean to eat the crucified body of Christ and to drink His poured-out blood?

A. It means to **accept with a believing heart the entire suffering and death of Christ** and by believing to receive forgiveness of sins and eternal life. But it means more. Through the Holy Spirit, who lives both in Christ and in us, **we are united more and more to Christ’s blessed body.** And so, although He is in heaven and we are on earth, we are flesh of His flesh and bone of His bone. And we forever live on and are governed by one Spirit, as members of our body are by one soul.

1. The Lord’s Supper is a sign and seal of your Covenant Keeper’s redeeming work for you.

It is a sign-like the sign for a store. It makes you remember...

It is a seal, like the imprint on a certificate which shows authentication. It gives you sanctifying grace.

The Lord’s Supper is recorded in the Synoptic Gospels. (If it is mentioned many times, it is important!) Look at one.

Matthew 26:26 And as they were eating, Jesus took bread, blessed and broke it, and gave it to the disciples and said, **"Take, eat; this is My body."** 27 Then He took the cup, and gave thanks, and gave it to them, saying, **"Drink from it, all of you.** 28 "For this is My blood of the **new covenant**, which is shed for many for the remission of sins.

Apostle Paul used the same language.

1Corinthians 11:23 For I received from the Lord that which I also delivered to you: that the Lord Jesus on the same night in which He was betrayed took bread; 24 and when He had given thanks, He broke it and said, "Take, eat; this is My body which is broken for you; do this in remembrance of Me." 25 In the same manner He also took the cup after supper, saying, **"This cup is the new covenant in My blood.."**

So the Lord’s Supper, like the other sacrament, focused on Jesus’ work on the cross for you.

Eating this feast means you are in the covenant!

2. From where did the idea of the Lord’s Supper come?

It came from the Passover – the sign of inclusion in the covenant.

The blood of Jesus, symbolized by wine, pictured the blood of the lamb that was killed and painted on the doors posts of the Jewish homes. **Wine is now most appropriate as it is a drink of celebration.** The **Jews were in covenant with God!**

The body of Jesus Christ, symbolized by bread, pictured the unleavened bread the Israelites ate with the meat of the Passover lamb. **Jesus is called the “Bread of Life.”** Bread, a necessity, **symbolized God’s providential care.** **Breaking bread shows kinship - covenant.** No one sits down to break bread with his enemy. The Lord himself appeared to Abraham and ate with him.

3. When a believer receives the bread and the wine of the Lord’s Supper by faith, he internalizes the death of Jesus, his Covenant Keeper, for him.

He knows and rejoices in his heart that the **Covenant Keeper fully satisfied God for him...to bring him close to God.**

4. All believers who are in the covenant are to take the Lord’s Supper to be spiritually nourished.

To refuse to eat it because you think you are unworthy **is to disregard its purpose.** It is **denying God’s grace.**

5. So you may ask: How come children who are in the covenant must not take the Lord’s Supper though they are baptized?

a. God requires discernment – know the significance of the Lord’s Supper – before taking it.

1Corinthians 11.

b. The very nature of the sign means it should not be given to them. Who gives bitter herbs and roast meat to an infant? Who gives wine to babies? Similarly, because of the nature of circumcision, it was not given to women in the Old Testament, yet they were included in the covenant.

6. Non-believers, pretenders, outside of the covenant ought not to take the Lord's Supper.

It is holy food for strengthening of the soul. Those who inappropriately take the Lord's Supper profane the Lord's Supper.

This was why the Lord put Adam and Eve out of the Garden of Eden lest they ate of the Tree of Life and be corrupted.

Would a man just pick a woman off the streets and give her an 18-carat gold ring with a 2-carat diamond?

The Lord's Supper is a Sign and Seal of the Gospel

1. When you eat the Lord's Supper it shows you are saved - you believe the Gospel!

You believe your sins are removed! You believe you have eternal life.

John 6: 35 And Jesus said to them, "**I am the bread of life.** He who comes to Me shall never hunger, and he who believes in Me shall never thirst. 40 "And this is the will of Him who sent Me, that everyone who sees the Son and believes in Him may have everlasting life; and I will raise him up at the last day." **50 "This is the bread which comes down from heaven, that one may eat of it and not die.** 51 "I am the living bread which came down from heaven. If anyone eats of this bread, he will live forever; and the bread that I shall give is My flesh, which I shall give for the life of the world." 54 "Whoever eats My flesh and drinks My blood has eternal life, and **I will raise him up at the last day.**

2. To eat of the Lord's Supper means you are now close to Jesus Christ and his people.

When you eat the Lord's Supper you are united with Christ by his Holy Spirit.

When you eat the Lord's Supper you are united with your brothers and sisters in Jesus and you are now part of the family of God.

John 6: 55 "For My flesh is food indeed, and My blood is drink indeed. 56 "He who eats My flesh and drinks **My blood abides in Me,** and I in him.

What a beautiful and poetic way to express the relationship of Jesus with you!

1Corinthians 10: 16 The cup of blessing which we bless, is it not **the communion of the blood of Christ?** The bread which we break, is it not the communion of the body of Christ?

What sweet fellowship you can enjoy!

3. To eat of the Lord's Supper regularly means you are daily drawing closer to Christ.

Every time you eat the Lord's Supper you get the pledge from God that Christ indeed died for your sins (the Gospel). You show closeness to your spouse by your words and actions. The more you talk, the more you draw closer to each other.

Ephesians 5: 29 For no one ever hated his own flesh, but nourishes and cherishes it, just as the Lord does the church. 30 **For we are members of His body, of His flesh and of His bones.**

The branches feed on the vine, as in the Lord's Supper (the Gospel). If as a branch you don't remain in Jesus Christ, you will wither and die.

John 15: 1 "I am the true vine, and My Father is the vinedresser. 2 "Every branch in Me that does not bear fruit He takes away; and every branch that bears fruit He prunes, that it may bear more fruit. ...4 "Abide in Me, and I in you. As the branch cannot bear fruit of itself, unless it abides in the vine, neither can you, unless you abide in Me. **6** "If anyone does not abide in Me, he is cast out as a branch and is withered; and they gather them and throw them into the fire, and they are burned.

The Holy Spirit seals and reminds you of the seal each time you take the Lord's Supper. (A good reason to

take it more!) **You are authenticated as a Christian as close fellowship and eating together authenticates a marriage.** This must bring you joy. It is a celebration of your salvation! Which wife says, "**Stop it! You are giving me too many symbols of your love?**"

4. To eat the Lords Supper means you are preaching the Gospel of his death for the lost.

You proclaim to each other and every visitor you belong to Jesus and you are nourished by him.

1Corinthians 11: 26 For as often as you eat this bread and drink this cup, **you proclaim the Lord's death till** He comes.

Tell the world: Your husband loves you! **Show the world:** Your husband loves you.

The Lord's Supper is Sustenance for the Weary Christian

Q&A 77 Where does Christ promise to nourish and refresh believers with His body and blood as surely as they eat this broken bread and drink this cup?

A. In the institution of the Lord's Supper: "The Lord Jesus, on the night when He was betrayed, took bread, and when He had given thanks, He broke it and said, 'Take, eat, this is my body, which is for you. Do this in remembrance of Me.' In the same way, also the cup, after supper, saying, 'This cup is the new covenant in my blood. Do this, as often as you drink it, in remembrance of Me.' For as often as you eat this bread and drink this cup, you proclaim the Lord's death until He comes." **This promise is repeated by Paul in these words:** "The cup of blessing which we bless, is it not a participation in the blood of Christ? The bread which we break, is it not a participation in the body of Christ? **Because there is one bread, we, who are many, are one body, for we all partake of the one bread.**"

1. Do you know what it is like to be hungry and get a piece of old bread?

Would you refuse it if you were really hungry? No. You want to live so you eat it. But what if you were dying of hunger and you get the most delicious thing you could imagine. How would you feel? Joy? Of course! Would you thank that giver? Of course!

Now the Lord's Supper is the most luxurious meal you could get, and God gave it to you when you were dead. He raised you up to life and then he gave you this fine meal.

Are you weak and heavy laden, stop, rest, eat of the Lord's Supper? Eat it regularly.

2. Dear weary traveler: How do you then respond to the one who raised you to life and then nourished you with the most nourishing food of all – a food that makes you live forever? Live! Live for him!

Conclusion:

Jesus instituted the Lord's Supper for the nourishment and the comfort of his Bride. It is a **symbol of the Covenant relationship** he has with you, and a symbol of the **Gospel he offers to you**. God **brings you close to him** (covenant), by the **work of Jesus Christ** (Gospel).

Brothers and sisters in Jesus Christ:

1. If you get this message of the Lord's Supper...This will make you love the Lord more.

2. This will make you stay close to him.

3. This will make you not miss the Lord's Supper.

4. This will make you tell others of this spiritual food and invite them to the Lord Jesus who shed his blood and gave his life for his children. Who has an abundance of food and watch his neighbor starve to death?

Finally, **if you want food for your soul God you must be adopted into God's family.** Why not ask him to change your heart, and make you his child, so you can receive the food you need the most? He has an abundant food for your soul! Yes, taste and see that the Lord is good. Blessed are those who put their trust in him.