

HC 75-77 –The Lord’s Supper-Covenant and Gospel

Brothers and sisters in Jesus Christ: We will have 3 sermons on the Lord’s teaching concerning the Lord’s Supper or “Holy Communion.” The 1st sermon will be on the principles of the Lord’s Supper, the 2nd sermon is on the corruption of the Lord’s Supper, and the 3rd sermon will deal with Discipline and the Lord’s Supper. Hear from God concerning the principles of the Lord’s Supper.

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, and The Lord’s Supper is Sustenance 营养品 for the Weary Traveler.

Our goals are: That you will have a richer understanding of the Lord’s Table (properly understanding what Jesus Christ did for you) and that you will then long for the Lord’s Supper and be drawn closer to your Savior.

The Lord’s Supper is a Sign and Seal of the Covenant: You are coming to him!

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.*

1. The Lord’s Supper is a covenant sacrament the Lord Jesus instituted 铭刻 for his church. The Lord’s Supper is a sign and seal of Christ’s redeeming work for you. It is a sign-like the sign for a store. It is a seal on your soul, like the imprint on a certificate which shows authentication. Bread and wine were the symbols for the Lord’s Supper. The Lord’s Supper is recorded in all the Synoptic 概略的 Gospels.

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 赦免 of sins.

Wine, not grape juice, is most appropriate as it is a drink of celebration. Bread is the basic necessity for life. Bread symbolized God’s providential care. So it was appropriate to use bread and wine as signs. Further, breaking bread shows a kinship 亲属...a covenant relationship. No one sits down to break bread with his enemy. The Lord himself appeared to Abraham and had a meal with him. Jesus Christ is called the “Bread of Life.”

2. In Matthew 26, Jesus was not saying that the bread was literal 字面上的 human flesh, nor the wine literal human blood. He meant that the bread represented his body and the wine his blood. He used this strong language to assure the hearer that as he ate the bread and drank the wine he was receiving Christ’s body and blood in his heart.

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. This do, as often as you drink it, in remembrance of Me."

So the Lord’s Supper is a covenant sign because you and Christ were united when he did what he did for you. When a believer receives the elements (bread and the wine) by faith, he internalizes 使内在化 the death of Jesus Christ for him.

3. From where did the idea of the Lord’s Supper come? The Lord’s Supper had its origins in the Passover. The blood of Jesus Christ, symbolized by wine, was pictured by the blood of the Passover lamb that was killed and its blood painted on the doors posts of the Israelite homes. The body of Jesus Christ, symbolized by bread today, was pictured by the unleavened 无发酵 bread that the Israelites ate with the meat of the Passover lamb. This covenant sign has an even earlier beginning in the Garden of Eden after Adam fell into sin. God killed an animal and provided covering for Adam and Eve.

4. All believers are to take the Lord’s Supper – eat the bread and drink the wine. It is for those who need to be spiritually reminded of their place in the covenant. To refuse to eat it because you think you are unworthy is to disregard its purpose. To refuse to eat it is to deny yourself God’s covenant sign. On the other hand, non-believers ought not to

take the Lord's Supper. It is holy food for strengthening of the soul. Holy food cannot exist in an unregenerate 未重生的 heart. Those who inappropriately take the Lord's Supper profane 褻瀆 the Lord's Supper. You understand why the Lord put Adam and Eve out of the Garden of Eden lest they ate of the Tree of Life and be corrupted!

The Lord's Supper is a Sign and Seal of the Gospel: You are resting in him!

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. To eat of the Lord's Supper means that God has saved you. To eat the crucified body of Jesus Christ is not cannibalism 食人. To eat the crucified body of Christ means that you accept with a believing heart the suffering and death of Jesus Christ, and you accept with a believing heart that your sins are removed and you accept with a believing heart that 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." 52 The Jews therefore quarreled among themselves, saying, "How can this Man give us His flesh to eat?" 53 Then Jesus said to them, "Most assuredly, I say to you, **unless you eat the flesh of the Son of Man and drink His blood, you have no life in you**. 54 "Whoever eats My flesh and drinks My blood has eternal life, and I will raise him up at the last day.

The Lord used wine to picture his shed blood from his hands, sides, head, and back. The Lord did not choose a dead lamb to represent his body...He wanted to show new life...new spiritual life. But look at the foolishness of man: Jesus was speaking of spiritual food but they were talking about physical meat! Blind leaders.

2. To eat of the Lord's Supper means you are close to Christ and his family. You are united with Christ by his Holy Spirit.

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 诗意的 way to express the work of Christ in you.

1Corinthians 12: 13 For by one Spirit we were all baptized into one body—whether Jews or Greeks, whether slaves or free—and have all been **made to drink into one Spirit**.

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?

1Corinthians 6: 15 Do you not know that your bodies are members of Christ? Shall I then take the members of Christ and make them members of a harlot 妓女? Certainly not! 16 Or do you not know that he who is joined to a harlot is one body with her? For "the two," He says, "shall become one flesh." 17 But he who is **joined to the Lord is one spirit with Him**.

The Corinthians drank of the same Savior as we. As we are united with him, we are united with each other. What sweet fellowship we can enjoy with Jesus Christ through his Holy Spirit!

3. To eat of the Lord's Supper regularly means you are continually drawing closer to Christ and his family daily. Every time you eat the Lord's Supper you are getting the pledge from God that Christ indeed shed his blood for yours and your family's sins. Do you not show your closeness to your spouse by your words and actions?

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**.

1John 4:13 By this **we know that we abide in Him**, and He in us, because He has given us of His Spirit.

Illustration from John 15. The branches feed on the vine, as in the Lord's Supper. If as a branch you don't remain in Jesus Christ, you will wither and die. All branches are nourished from the same source.

John 15: 1 "I am the true vine, and My Father is the vinedresser. 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. 5 "I am the vine, you are the branches. He who abides in Me, and I in him, bears much fruit; for without Me you can do nothing. 6 "If anyone does not abide in Me, he is cast out as a branch and is withered 枯萎 and they gather them and throw them into the fire, and they are burned.

1John 3: 24 Now he who keeps His commandments abides in Him, and He in him. And by this we know that He abides in us, by the Spirit whom He has given us.

The Holy Spirit seals and reminds you of the seal each time you take the Lord's Supper. You are authenticated 认证 as a Christian. This must bring you joy. The Lord's Supper is a celebration of your salvation! You have a new family!

4. To eat the Lords Supper means you are proclaiming – preaching of his death for the lost. You proclaim to each other and every visitor...that you belong to Jesus Christ 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.

The Lord's Supper is Sustenance for the Weary Traveler

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 body of Christ? **Because there is one bread, we, who are many, are one body, for we all partake of the one bread.**"

1. If you were really, really, hungry and get a piece of old bread, would you refuse? Of course not. You want to live so you eat it. What if you were really, really hungry 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 豪华 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 in perpetuity. Are you weak and heavy laden, stop, rest, eat of the Lord's Supper. Eat it regularly.

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. This do, as often as you drink it, in remembrance 纪念 of Me." 26 For as often as you eat this bread and drink this cup, you proclaim the Lord's death till He comes.

Eating this meal proves that you were saved by Jesus Christ.

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?

Conclusion:

Jesus Christ Instituted the Lord's Supper for the nourishment and comfort of his Bride. The Lord's Supper is a **symbol of the Covenant relationship** he has with her, and it is a **symbol of the Gospel** he offers to her. **God brings his church close to him (covenant), by the work of Jesus Christ (Gospel) and the believer rests in Jesus Christ.**

Brothers and sisters in Jesus Christ: 1. Do you let the Lord's Supper remind you of the covenant – that special place where God brought you by baptism? It should. 2. Do you let the Lord's Supper remind you of the Gospel that saves you from all of your sins? It must. 3. When you do, you will **love the Lord** more. When you do, you will then **not miss the Lord's Supper**. When you do, you will **tell others** of this spiritual food and **invite them to the Lord** Jesus who shed his blood and gave his life for his children.

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