

HC 75-80 Christ's Flesh and Blood

Brothers and sisters in Jesus Christ: Hear the Lord's teaching on Holy Communion 交往.

Our headings are:

The Lord's Supper and Jesus

The Lord's Supper and You

The Lord's Supper and Abusers

Our goals are: That you will have a richer understanding of the Lord's supper and that you will then long to receive the Lord's Supper in order to remember Christ's work for you.

The Lord's Supper and Jesus

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 滋养 and refreshes my soul for eternal life with His crucified body and poured-out blood.

1. The Lord's Supper, the 2nd sacrament, was instituted by your covenant keeper, Jesus, as a sign and seal of his work for you.

It is a sign-like the sign you see for a store. It reminds a reminder.

It is a seal, like the imprint on a certificate showing authentication 认证. It gives assurance.

Jesus gave us bread and wine as the symbols for the Lord's Supper.

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.

2. 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 painted on the doors posts of the Israelite homes. Further, wine is most appropriate as it is a drink of celebration.

The body of Jesus Christ, symbolized by bread today, was pictured by the unleavened bread that the Israelites ate with the meat of the Passover lamb. Later, Jesus Christ was called the "Bread of Life." Bread is most appropriate as it is the basic necessity for life. Bread symbolized God's providential 天賜 care. Further, breaking bread shows a kinship 亲属关系... a covenant relationship. No one sits down to break bread with his enemy 敌人. You have kinship with Jesus.

Jesus, as your covenant keeper, wanted you to remember his covenant keeping for you!

3. All believers are to take the Lord's Supper – eat the bread and drink the wine – to be spiritually nourished.

To refuse the Lord's Supper because you think you are unworthy is to disregard its purpose and to **disregard your covenant keeper.** To refuse to eat it is to **deny yourself God's grace.**

4. Non-believers and pretenders ought not to take the Lord's Supper.

It is holy food for strengthening of the regenerated soul. Holy food cannot exist in an

unregenerated没有重生 heart. The unregenerated man does not have a Covenant Keeper. Those who inappropriately take the Lord's Supper profane粗俗 it. The Lord put Adam and Eve out of the Garden of Eden to prevent them from eating of the Tree of Life and becoming corrupted.

The Lord's Supper and You

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. When you eat the Lord's Supper it means you are saved; it means you have received the Gospel.

It means you have accepted with a believing heart the suffering and death of Jesus Christ, 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. 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 did not choose a dead lamb to represent his body...but grain粮食. He wanted to show new life. He is alive!

2. When you internalize内化the message, it is a seal on your heart and it becomes a means of grace – nourishment for his soul.

So the Lord's Supper is more than a sign.

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.**"

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.

Now what if you were dying of hunger and you got the most delicious thing you could imagine. How would you feel? Joy? Of course!

Would you thank the giver? Of course!

Even so, the Lord's Supper is the most luxurious meal you could get, and God gave it to you when you believed. He raised you up to life and he gave you this fine meal. **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...**

This is what equips you to serve. You are strengthened in faith. You are able to fight spiritual battles.

3. When you receive the Lord's Supper you are drawn closer to Christ.

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.

Every time you eat the Lord's Supper you get the pledge from God that Christ indeed died for your sins. Don't you show closeness to your spouse by your words and actions? The more you talk, the more you draw closer to each other. Even so, 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.

John 15:5 "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.

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 reminds you of the seal on your heart each time you take the Lord's Supper. You are authenticated as a Christian. This must bring you joy. The Lord's Supper is a celebration of your salvation!

Q79 Why then does Christ call the bread his body and the cup his blood, or the new covenant in his blood? (Paul uses the words, a participation in Christ's body and blood.)

A. Christ has good reason for these words. He *wants to teach us that* as bread and wine nourish our temporal life, so too *His crucified body and poured-out blood truly nourish our souls for eternal life.* But more important, *He wants to assure us, by this visible sign and pledge, that we, through the Holy Spirit's work, share in His true body and blood as surely as our mouths receive these holy signs in His remembrance,* and that all of His suffering and obedience are as definitely ours as if we personally had suffered and paid for our sins.

4. When you receive the Lord's Supper you are drawn closer to your brothers and sisters as you share the same meal, and the same loaf.

What a beautiful and poetic way to express the work of Christ in you. As we are united, we enjoy blessed fellowship.

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?

5. When you receive the Lord's Supper you proclaim-you are 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 and Abusers

1. Roman Catholics teach that the elements of the Lord's Supper, bread and wine, turn into the real flesh and blood of Jesus, but they don't.

Real flesh and blood are not good for you. And eating real flesh and blood is cannibalism.

Q 78 Are the bread and wine changed into the real body and blood of Christ?

A. No. Just as the water of baptism is not changed into Christ's blood and does not itself wash away sins but is simply God's sign and assurance, so too the bread of the Lord's Supper is not changed into the actual body of Christ even

though *it is called the body of Christ in keeping with the nature and language of sacraments* 圣礼.

2. So what do we do with the language that seems to suggest that we eat the real body and drink the real body and blood of Jesus?

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?

The Bible uses strong language, calling the elements the “body and blood” of the Lord, to a show strong symbolic connection between the sign (Lord’s Supper) and the thing signified (Jesus Christ).

Let me illustrate how we can see symbolic use of language that doesn’t exactly mean what it appears to say. You might say: “He is a giant.” You don’t mean the man is a 9 foot “giant.” You mean that the man is big and tall. There was a football player called “the bus.” He was called the “bus” to show he was unstoppable. Furthermore, Christ’s body is not on earth.

3. Based on the Roman Catholic view of the Lord’s Supper, you should not be present, participate in, or give support to this abominable act.

The mass is a vulgar 庸俗 treatment of the atonement.

Q80 How does the Lord's Supper differ from the Roman Catholic Mass?

A. The Lord's Supper declares to us that our sins have been completely forgiven through the one sacrifice of Jesus Christ which He Himself finished on the cross once for all. It also declares to us that the Holy Spirit grafts us into Christ, who with His very body is now in heaven at the right hand of the Father where He wants us to worship him. **But the Mass teaches that the living and the dead do not have their sins forgiven through the suffering of Christ unless Christ is still offered for them daily by the priests. It also teaches that Christ is bodily present in the form of bread and wine where Christ is therefore to be worshipped. Thus the Mass is basically nothing but a denial of the one sacrifice and suffering of Jesus Christ and a condemnable idolatry.**

4. Many Baptists and Charismatics abuse the Lord’s Supper by saying it is only a sign, not a seal, so it is not a means of grace.

Based on what you saw above, that false doctrine has been reprovved.

Conclusion:

Jesus kept the covenant for you. He then instituted the Lord’s Supper for your nourishment and comfort. The Lord’s Supper brings you closer to Christ and to each other.

Brothers and sisters in Jesus Christ:

1. The Lord’s Supper reminds you that you were brought into the covenant – that special place where God brought you - through the life and death of his Son.

2. When you do eat of the Lord’s Supper you will love the Lord more.

3. When you see the blessing of the Lord’s Supper you will not want to miss it ever!

3. When you see the benefits of the Lord’s Supper you will tell others of this spiritual food and introduce 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 an abundance of food for your soul! Yes, taste and see that the Lord is good. Blessed are those who put their trust in him.