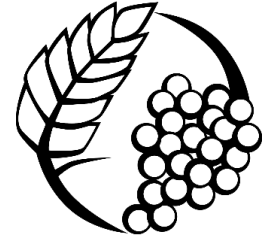


TAKE AND EAT



The Reception of the Lord's Supper

Spiritual Preparations

Matthew 26:28

“This is my blood of the covenant, which is poured out for many for the forgiveness of sins.”

1 John 1:8-9

If we claim to be without sin, we deceive ourselves and the truth is not in us. If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.

Matthew 18:15-18

“If your brother or sister sins, go and point out their fault, just between the two of you. If they listen to you, you have won them over. But if they will not listen, take one or two others along, so that ‘every matter may be established by the testimony of two or three witnesses.’ If they still refuse to listen, tell it to the church; and if they refuse to listen even to the church, treat them as you would a pagan or a tax collector. Truly I tell you, whatever you bind on earth will be bound in heaven, and whatever you loose on earth will be loosed in heaven.”

Hebrews 10:26

If we deliberately keep on sinning after we have received the knowledge of the truth, no sacrifice for sins is left.

1 Corinthians 11:27-29

So then, whoever eats the bread or drinks the cup of the Lord in an unworthy manner will be guilty of sinning against the body and blood of the Lord. Everyone ought to examine themselves before they eat of the bread and drink from the cup. For those who eat and drink without discerning the body of Christ eat and drink judgment on themselves.

BEING A WORTHY RECIPIENT VS. RECEIVING IN A WORTHY MANNER

Worthy recipient

Believer made holy through faith in Jesus

Worthy manner

Examining oneself, acknowledging all sin, recognizing Jesus' body and blood in the Lord's Supper, trusting in Jesus for full forgiveness, and desiring to live according to God's will

1. If the Lord's Supper is for sinners (who need forgiveness), how could someone be told they would receive it to their harm because of their sin (and therefore shouldn't take it)?
2. What practices could help us have a proper focus to be spiritually prepared to receive the Lord's Supper for our benefit (individually and collectively)?

Fasting and Outward Preparations

Leviticus 16:29-31

“This is to be a lasting ordinance for you: On the tenth day of the seventh month you must deny yourselves and not do any work—whether native-born or a foreigner residing among you—because on this day atonement will be made for you, to cleanse you. Then, before the LORD, you will be clean from all your sins. It is a day of sabbath rest, and you must deny yourselves; it is a lasting ordinance.”

Exodus 19:10

The LORD said to Moses, “Go to the people and consecrate them today and tomorrow. Have them wash their clothes.”

Colossians 2:16-17

Do not let anyone judge you by what you eat or drink, or with regard to a religious festival, a New Moon celebration or a Sabbath day. These are a shadow of the things that were to come; the reality, however, is found in Christ.

Matthew 16:24

Then Jesus said to his disciples, “Whoever wants to be my disciple must deny themselves and take up their cross and follow me.”

Acts 13:2-3

While they were worshiping the Lord and fasting, the Holy Spirit said, “Set apart for me Barnabas and Saul for the work to which I have called them.” So after they had fasted and prayed, they placed their hands on them and sent them off.

Matthew 6:17-18

“But when you fast, put oil on your head and wash your face, so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you.”

3. Have any of you found fasting or other outward preparations helpful for personal spiritual preparation? If you are willing, please share what you found helpful.

4. Are there outward preparations you haven't tried much but would like to try? What about that practice seems potentially helpful for your faith-life?

Receiving the Lord's Supper with Others

Colossians 4:5

Be wise in the way you act toward outsiders; make the most of every opportunity.

Romans 16:17

I urge you, brothers and sisters, to watch out for those who cause divisions and put obstacles in your way that are contrary to the teaching you have learned. Keep away from them.

2 John 10

If anyone comes to you and does not bring this teaching, do not take them into your house or welcome them.

1 Corinthians 1:10

I appeal to you, brothers and sisters, in the name of our Lord Jesus Christ, that all of you agree with one another in what you say and that there be no divisions among you, but that you be perfectly united in mind and thought.

1 Corinthians 10:17

Because there is one loaf, we, who are many, are one body, for we all share the one loaf.

1 Corinthians 11:17-18

In the following directives I have no praise for you, for your meetings do more harm than good. In the first place, I hear that when you come together as a church, there are divisions among you.

GOD-PLEASING RECEPTION OF THE LORD'S SUPPER:

- 1.
- 2.
- 3.
- 4.

CLOSE COMMUNION & CLOSED COMMUNION

Close Communion: Close, loving unity is expressed among a church family.

Closed Communion: The Supper is closed to those who believe and teach differently.

5. What makes close/closed Communion beautiful? What makes it difficult or confusing?

6. Consider both members and visitors: What blessings and challenges come from offering Communion during worship? Or from offering it another time outside of public worship?

Receiving the Lord's Supper Often

Mark 9:24

"I do believe; help me overcome my unbelief!"

Colossians 2:6-7

Just as you received Christ Jesus as Lord, continue to live your lives in him, rooted and built up in him, strengthened in the faith you were taught, and overflowing with thankfulness.

Hebrews 10:23-25

Let us hold unswervingly to the hope we profess, for he who promised is faithful. And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching.

1 Corinthians 11:24-25

"This is my body, which is for you; do this in remembrance of me." . . . "This cup is the new covenant in my blood; do this, whenever you drink it, in remembrance of me."

7. Choose one of the following and explain why it leads you to long for the Lord's Supper more as God wants you to.
- Jesus' command to "do this"
 - A promise connected to Communion
 - Your daily struggle
 - Being reminded of your sins
 - The connection with your church family
 - Other
8. What is a takeaway or question you have from our 4-week study on the Lord's Supper?