

## Instructions for a meaningful observance of the Lord's Supper at home.

The Lord's Supper is a way for us to remember and give thanks for the New Covenant given to us through Jesus' broken body and shed blood. It is filled and overflowing with meaning that reaches the deepest parts of our being.

### First: Prepare Your Heart.

Spend time with God in prayer. Confess your sins. Ask God to show you anything in your life that hinders your walk with Him. Seek His mercy, grace and forgiveness. Ask for the strength to resist temptations. Humble yourself in prayer.

**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.** 1 Corinthians 11:27-29

**Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting.**

Psalm 139:23-24

**God, have mercy on me, a sinner.** Luke 18:13

**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.** 1 John 1:8-9

### Second: Recognize the Presence of Christ.

The bread represents His body. The contents of the cup represent His blood. By eating and drinking we are making His body and blood part of us. We enter into a powerful expression of communion, of connection, of intimacy, and love. He abides in us. We seek to abide in Him.

**I am the living bread that came down from Heaven. Whoever eats this bread will live forever. This bread is My flesh, which I will give for the life of the world." Jesus said to them, "Very truly I tell you, unless you eat the flesh of the Son of Man and drink His blood, you have no life in you. Whoever eats My flesh and drinks My blood has eternal life, and I will raise them up at the last day. For My flesh is real food and My blood is real drink. Whoever eats My flesh and drinks My blood remains in Me, and I in them. Just as the living Father sent Me and I live because of the Father, so the one who feeds on Me will live because of Me. This is the bread that came down from Heaven. Your ancestors ate manna and died, but whoever feeds on this bread will live forever."** John 6:51, 53-58

### Third: Reflect and Meditate on the Meaning of What You are About to Do.

Here are a few aspects of the Lord's Supper's meaning, but there are more. It has layer upon layer of meaning.

1. Some refer to it as "Communion" because of the close, personal relationship and interaction that is made possible through Jesus' broken body and shed blood.

**For we do not have a high priest who is unable to empathize with our weaknesses, but we have one who has been tempted in every way, just as we are—yet He did not sin. Let us then approach God’s throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need. Hebrews 4:15-16**

2. Some traditions call it the “Eucharist” which means “Thanksgiving.” We express our gratitude for God’s love, mercy, grace and forgiveness. We give thanks for Christ’s sacrifice that has made salvation possible.

**Is not the cup of thanksgiving for which we give thanks a participation in the blood of Christ? And is not the bread that we break a participation in the body of Christ? 1 Corinthians 10:16**

3. Jesus gave us this powerful ordinance in the context of celebrating the Passover with His disciples. Passover is a lasting remembrance of the night the people of God gathered in their homes with the blood of a lamb on the doorframes. The Angel of Death would “passover” the homes covered with the blood of the lamb. Jesus is our “Passover Lamb.” It is His blood that “covers” us. Passover is a celebration of God’s redemption. Jesus is our redemption. Passover celebrates freedom from slavery. Jesus frees us from slavery to sin.

**Get rid of the old yeast, so that you may be a new unleavened batch—as you really are. For Christ, our Passover Lamb, has been sacrificed. 1 Corinthians 5:7**

**It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery. Galatians 5:1**

**For you know that it was not with perishable things such as silver or gold that you were redeemed from the empty way of life handed down to you from your ancestors, but with the precious blood of Christ, a lamb without blemish or defect. He was chosen before the creation of the world, but was revealed in these last times for your sake. Through Him you believe in God, who raised Him from the dead and glorified Him, and so your faith and hope are in God.**

1 Peter 1:18-21

4. It is a physical way of “remembering” what Jesus did for us.

**“Do this in remembrance of Me.” Luke 22:19**

5. It is a physical way of affirming our faith in Jesus. His broken body and shed blood is enough to save us from our sin.

**And by that will, we have been made holy through the sacrifice of the body of Jesus Christ once for all. Hebrews 10:10**

6. It is a powerful expression of Christ’s love.

**But God demonstrates His own love for us in this: While we were still sinners, Christ died for us. Romans 5:8**

7. It confirms the “New” covenant in Christ’s blood. A covenant that is based not on our ability but on what Jesus did for us on the cross. It is written on our hearts.

**“This cup is the new covenant in My blood, which is poured out for you.”**

Luke 22:20

**For this reason Christ is the mediator of a new covenant, that those who are called may receive the promised eternal inheritance—now that he has died as a ransom to set them free from the sins committed under the first covenant.**

Hebrews 9:15

8. It is a way to remember Christ even in the “ordinary” things of life. Bread and wine would have been part of every meal. It serves as a constant reminder.

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

9. It is a powerful symbol of how we are connected as the “Body of Christ.” We each partake of the same body and we “wait” for each other. We have become one “Family” with the blood of Christ tying us together in a stronger way even than “blood” relations.

**There is one body and one Spirit, just as you were called in one hope of your calling; one Lord, one faith, one baptism; one God and Father of all, who is above all, and through all, and in you all.** Ephesians 4:4-6

**For as the body is one and has many members, but all the members of that one body, being many, are one body, so also is Christ.** 1 Corinthians 12:12

**Therefore, my brethren, when you come together to eat, wait for one another.**

1 Corinthians 11:33

10. It is a visual reminder of the grace God has poured out on us. Grace greater than all our sin.

**For by grace you have been saved through faith, and that not of yourselves; it is the gift of God, not of works, lest anyone should boast.** Ephesians 2:8-9

11. We remember that the blood of Christ brings complete forgiveness. He cleanses us from all sin.

**If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.** 1 John 1:9

12. It reminds us that the “ground at the foot of the cross is level.” We all come needing God’s grace. We are united in our need for God and His grace and forgiveness.

**For all have sinned and fall short of the glory of God.** Romans 3:23

13. It is a sign of the “fellowship” we share. In the ancient world you did not eat with enemies. It provides a time for reconciliation – to work intentionally to restore relationships.

**Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.** Ephesians 4:32

14. It anticipates the “Wedding Feast of the Lamb” and is a taste preparing us for what is to come.

**“Write this: Blessed are those who are invited to the wedding supper of the Lamb!”** Revelation 19:9

15. It proclaims the truth that Jesus is coming again and prepares us for that glorious day.

**For whenever you eat this bread and drink this cup, you proclaim the Lord’s death until he comes.** 1 Corinthians 11:26

16. It reminds us that out of brokenness, new life is possible.

**Very truly I tell you, unless a kernel of wheat falls to the ground and dies, it remains only a single seed. But if it dies, it produces many seeds.** John 12:24

17. The night of the supper, Jesus washed His disciples’ feet and gave them a new commandment.

**“A new command I give you: Love one another. As I have loved you, so you must love one another. By this everyone will know that you are My disciples, if you love one another.”** John 13:34-35

Fourth: As You Take the Bread and Drink from the Cup Remember Jesus’ Words

**For I received from the Lord what I also passed on to you: The Lord Jesus, on the night He was betrayed, took bread, and when He had given thanks, He broke it and said, “This is My body, which is for you; do this in remembrance of Me.” In the same way, after supper He took the cup, saying, “This cup is the new covenant in My blood; do this, whenever you drink it, in remembrance of Me.”** 1 Corinthians 11:23-25

Fifth: Commit Yourself to Christ Afresh and Anew – Consider How You Can Be A Channel of God’s Grace and Love to Others.

We are to...

- Love one another. John 13:34-35
- Provoke one another to love and good deeds. Hebrews 10:24-25
- Depend on one another. Romans 12:5
- Be devoted to one another. Romans 12:10
- Honor one another. Romans 12:10
- Rejoice with one another. Romans 12:15; 1 Corinthians 12:26
- Weep with one another. Romans 12:15
- Be of the same mind toward one another. Romans 12:16
- Not judge one another. Romans 14:13
- Accept one another. Romans 15:7
- Admonish one another. Romans 15:14
- Salute one another. Romans 16:16

- Wait for one another. 1 Corinthians 11:33
- Care for one another. 1 Corinthians 12:25
- Serve one another. Galatians 5:13
- Be kind to one another. Ephesians 4:32
- Forgive one another. Ephesians 4:32; Colossians 3:13
- Be tenderhearted toward one another. Ephesians 4:32
- Encourage one another. 1 Thessalonians 5:11
- Submit to one another. Ephesians 5:21
- Bear with one another. Ephesians 4:2
- Show hospitality to one another. 1 Peter 4:9
- Minister gifts one to another. 1 Peter 4:10
- Be humble one toward another. 1 Peter 5:5
- Not speak evil against one another. James 4:11
- Not grumble against one another. James 5:9
- Confess our faults to one another. James 5:16
- Pray for one another. James 5:16
- Fellowship with one another. 1 John 1:7
- Not be puffed up against one another. 1 Corinthians 4:6
- Bear one another's burdens. Galatians 6:2