

The Lord's Supper

Passover

Read **Exodus 11** and **12**

Note: eat dressed and with sandals - with anticipation

He brought them forth also with silver and gold: and there was **not one feeble person among their tribes.**

They were all healed in the passover

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Luke 22:7-20 Then came the day of unleavened bread, when the passover must be killed. And he sent Peter and John, saying, Go and prepare us the passover, that we may eat. And they said unto him, Where wilt thou that we prepare? And he said unto them, Behold, when ye are entered into the city, there shall a man meet you, bearing a pitcher of water; follow him into the house where he entereth in. And ye shall say unto the goodman of the house, The Master saith unto thee, Where is the guestchamber, where I shall eat the passover with my disciples? And he shall shew you a large upper room furnished: there make ready. And they went, and found as he had said unto them: and they made ready the passover.

And when the hour was come, he sat down, and the twelve apostles with him. And he said unto them, With desire I have desired to eat this passover with you before I suffer: for I say unto you, I will not any more eat thereof, until it be fulfilled in the kingdom of God. And he took the cup, and gave thanks, and said, Take this, and divide it among yourselves: for I say unto you, I will not drink of the fruit of the vine, until the kingdom of God shall come.

And he took bread, and gave thanks, and brake it, and gave unto them, saying, This is my body which is given for you: this do in remembrance of me. Likewise also the cup after supper, saying, This cup is the new testament in my blood, which is shed for you.

Matthew 26:26-30 And as they were eating, Jesus took bread, and blessed it, and brake it, and gave it to the disciples, and said, Take, eat; this is my body. And he took the cup, and gave thanks, and gave it to them, saying, Drink ye all of it; for this is my blood of the new testament, which is shed for many for the remission of sins. But I say unto you, I will not drink henceforth of this fruit of the vine, until that day when I drink it new with you in my Father's kingdom. And when they had sung an hymn, they went out into the mount of Olives.

Mark 14:22-26 And as they did eat, Jesus took bread, and blessed, and brake it, and gave to them, and said, Take, eat: this is my body. And he took the cup, and when he had given thanks, he gave it to them: and they all drank of it. And he said unto them, This is my blood of the new testament, which is shed for many. Verily I say unto you, I will drink no more of the fruit of the vine, until that day that I drink it new in the kingdom of God. And when they had sung an hymn, they went out into the mount of Olives.

Remembrance

James 1:24 for he beholdeth himself, and goeth his way, and straightway forgetting what manner of man he was.

Luke 22:19 ... this do in remembrance of me

Psalms 103:2 Bless the Lord, O my soul, and forget not all his benefits:

We need regular reminders. God's biblical holy days and ordinances are for a memorial (Ex 12:14) to regularly put us in remembrance of what He has done and who we are in Christ. Like in Pilgrim's Progress, they were in bondage until they remembered they already had the key.

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Bread Represents His body, Fruit of the Vine Represents His blood

1 Cor. 11:23-30 For I have received of the Lord that which also I delivered unto you, That the Lord Jesus the same night in which he was betrayed took bread: and when he had given thanks, he brake it, and said, Take, eat: this is my body, which is broken for you: this do in remembrance of me. After the same manner also he took the cup, when he had supped, saying, "This cup is the new testament in my blood: this do ye, as oft as ye drink it, in remembrance of me." For as often as ye eat this bread, and drink this cup, ye do shew the Lord's death till he come.

John 6:53-56 Then Jesus said unto them, Verily, verily, I say unto you, Except ye eat the flesh of the Son of man, and drink his blood, **ye have no life in you. Whoso eateth my flesh, and drinketh my blood, hath eternal life; and I will raise him up at the last day.** For my flesh is meat indeed, and my blood is drink indeed. He that eateth my flesh, and drinketh my blood, **dwelleth in me, and I in him.**

[This is how we dwell/abide in Jesus: His words abide in us, and we abide in Him (Eph 3:17; John 8:34-36, 14:7, 15:4-7, 15:10; Col 3:16) just as wine and bread are incorporated into our body when we consume it, God's words are incorporated into our heart when we speak, hear, and act on them - the wine and the bread are our reminder and opportunity to act on our faith (believe), a chance to be a doer of the word with simple things that confound the wise.]

John 6:33-35 For the bread of God is he which cometh down from heaven, and giveth life unto the world. Then said they unto him, Lord, evermore give us this bread. And Jesus said unto them, I am the bread of life: he that cometh to me shall never hunger; and he that believeth on me shall never thirst

[See also the blood of the grape Gen 49:11; Deut 32:14]

Discerning the body and the blood

Read **1 Corinthians 10**

1 Cor 10:1-4 Moreover, brethren, I would not that ye should be ignorant, how that all our fathers were under the cloud, and all passed through the sea; and were all baptized unto Moses in the cloud and in the sea; and **did all eat the same spiritual meat; and did all drink the same spiritual drink:** for they drank of that spiritual Rock that followed them: and that Rock was Christ

[1 Cor 10:5-15 examples of fleshly behaviors written for our admonition]

1 Cor 10:16-17 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?** For we being many are one bread, and one body: for we are all partakers of that one bread.

[1 Cor 10:18-20 examples of fleshly idolatry]

1 Cor 10:21-22 Ye cannot drink the cup of the Lord, and the cup of devils: ye cannot be partakers of the Lord's table, and of the table of devils. Do we provoke the Lord to jealousy? are we stronger than he?

[1 Cor 10:23-33 addresses meats offered to idols, basic point is that the condition and purpose of the heart matters more than the physical elements – also reminds us that we eat the fruit of our mouths (Prov 12:14, 13:2, 18:20-21), so when we confess in agreement with God, we are partaking of the Lord's table, when we confess in agreement with Satan, we are parting of the table of devils]

Discerning is having spiritual understanding in our heart. The things of the Spirit of God are spiritually discerned

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Eat and drink worthily

Hebrews 10:29 of how much sorer punishment, suppose ye, shall he be thought worthy, who hath trodden under foot the Son of God, and hath counted the blood of the covenant, wherewith he was sanctified, an unholy thing, and hath done despite unto the Spirit of grace? [See also Malachi 1:7]

Read 1 Corinthians 11

1 Cor 11:17-19 Now in this that I declare unto you I praise you not, that ye come together not for the better, but for the worse. For first of all, when ye come together in the church, I hear that there be **divisions among you**; and I partly believe it. For there must be also **heresies among you**, that they which are approved may be made manifest among you.

[Heresies among them is causing divisions, they all need to be united as one body under the headship of Jesus and single authority of scripture. Those heretical are there to proveth (make manifest those who are approved) those who love the Lord (Deut 13:1-3). Note that it is them that promote heresies contrary to the doctrine of the apostles that are causing the division – NOT those who are holding fast to that which is true (Rom 16:17; 1 Thess 5:21)]

1 Cor 11:20-22 When ye come together therefore into one place, this is not to eat the Lord's supper. For in eating every one taketh before other his own supper: and **one is hungry, and another is drunken**. What? have ye not houses to eat and to drink in? or despise ye the church of God, and shame them that have not? What shall I say to you? shall I praise you in this? I praise you not.

*[Often a physical behavior is a manifestation of a spiritual problem - Paul says that what **they** are doing when **they** are coming together is **NOT** the Lord's supper. Some are there only to appease their fleshly appetites in drunkenness (both physical and spiritual) and this leaves others famished (both physically and spiritually) – the pursuit of fleshly experiences is a distraction and not edifying to the body, resulting in: 1) drunkenness, dull of hearing (Mt 13:15), fleshliness than cannot receive spiritual truth (Jn 14:17; 1Cor 2:14); 2) people go hungry for not hearing the words of the Lord -- a famine in the land for a lack of hearing the words of the Lord (Amos 8:11)]*

1 Cor 11:33-34 Wherefore, my brethren, when ye come together to eat, tarry one for another. And if any man hunger, let him eat at home; that ye come not together unto condemnation. And the rest will I set in order when I come.

*[The purpose of the Lord's supper is to remember Christ and His example of love and servanthood, **not to indulge the flesh**. Whenever the Body of Christ comes together, there should be unity under the headship of Jesus and authority of scripture even in eating and drinking; if everyone is not eating, then no one should eat. If anyone is hungry, Paul said, let him eat at home - instead of eating, for example, while the rest of the Body is worshipping the Lord.]*

Examine Thyself

1 Corinthians 11:28 But let a man examine himself, and so let him eat of that bread, and drink of that cup.

1 Cor 11:31-32 For if we would judge ourselves, we should not be judged. But when we are judged, we are chastened of the Lord, that we should not be condemned with the world.

[This is a reminder and opportunity for us to examine and judge ourselves and allow the Holy Spirit to convict us of righteousness (John 16:8-11). When we are chastened of the Lord it is because we are His children (see Prov 3:11-12; Heb 12:5-11). The alternative if we do not judge ourselves and heed the chastening of the Lord, is to be condemned with the world (1 Cor 11:32). When we repent and abide in Jesus we are free from condemnation (Rom 8:1).]

[All should examine his own heart in the following areas prior to partaking the Lord's supper to be certain of a pure heart and good conscience before God. 1. Discern the body and the blood; 2. Who (or what) is your Master?; 3. Make reconciliation if any have ought against you; 4. Forgive as you have been forgiven; 5. You have been forgiven, no more condemnation]

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1. Discern the Lord's body

1 Cor 11:23-30 For I have received of the Lord that which also I delivered unto you, That the Lord Jesus the same night in which he was betrayed took bread: and when he had given thanks, he brake it, and said, Take, eat: this is my body, which is broken for you: this do in remembrance of me. After the same manner also he took the cup, when he had supped, saying, This cup is the new testament in my blood: this do ye, as oft as ye drink it, in remembrance of me. For as often as ye eat this bread, and drink this cup, ye do shew the Lord's death till he come. **Wherefore whosoever shall eat this bread, and drink this cup of the Lord, unworthily, shall be guilty of the body and blood of the Lord. But let a man examine himself,** and so let him eat of that bread, and drink of that cup. For he that eateth and drinketh unworthily, eateth and drinketh damnation to himself, **not discerning the Lord's body.** For this cause many are weak and sickly among you, and many sleep.

[This is how we have "communion in the body of Christ" referenced in 1 Cor 10:16-17. In "discerning" the Lord's body we should make a distinction or set apart the holy from that which is common; it means to not regard "the blood of the covenant, wherewith he was sanctified, an unholy thing" (Heb 10:29). We can understand something in our natural mind using our 5 senses and reasoning. Discerning, on the other hand, is understanding in our hearts -- our innermost being, the hidden parts in us, the soul and spirit -- the spiritual things hidden from our senses]

Not discerning the Lord's body which was broken so we could be made whole is the reason many are weak, sickly and die early. The reason many are sick is because they don't understand Jesus bore our sicknesses.

2. Who (or what) is your Master?

1 Cor 10:20-22 But I say, that the things which the Gentiles sacrifice, they sacrifice to devils, and not to God: and I would not that ye should have fellowship with devils. Ye cannot drink the cup of the Lord, and the cup of devils: ye cannot be partakers of the Lord's table, and of the table of devils. Do we provoke the Lord to jealousy? are we stronger than he?

Matthew 6:24 No man can serve two masters: for either he will hate the one, and love the other; or else he will hold to the one, and despise the other. Ye cannot serve God and mammon. *[Also Luke 16:13]*

1 John 1:6 If we say that we have fellowship with him, and walk in darkness, we lie, and do not the truth:

[One aspect of eating and drinking unworthily has to do with trying to identify with Christ but elsewhere living like the world (a hypocrite). No man can serve two masters, neither should we be double-minded and expect anything of the Lord (James 1:6-8) No man also having drunk old wine straightway desireth new: for he saith, The old is better (Luke 5:39)]

1 Cor 5:6-8 Your glorying is not good. Know ye not that a little leaven leaveneth the whole lump? Purge out therefore the old leaven, that ye may be a new lump, as ye are unleavened. For even Christ our passover is sacrificed for us: therefore let us keep the feast, not with old leaven, neither with the leaven of malice and wickedness; but with the unleavened bread of sincerity and truth

[Examining ourselves to purge out the old leaven and casting down anything that exalteth itself against the knowledge of God (2 Cor 10:4-5). We should purge out leaven similar to the purging out of leaven in the days before Passover and the Feast of Unleavened Bread in Exodus 12:19-20. See also Psalm 94:20; Eph 5:11]

3. Make reconciliation

1 Cor 8:12 But when ye sin so against the brethren, and wound their weak conscience, ye sin against Christ.

Matthew 5:23-24 Therefore if thou bring thy gift to the altar, and there rememberest that thy brother hath ought against thee; leave there thy gift before the altar, and go thy way; first be reconciled to thy brother, and then come and offer thy gift.

If you have wounded anyone or anyone has anything against you, drop what you are doing and patch things up with them.

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4. Forgive Others

Eph 4:32 and be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you.

Col 3:13 forbearing one another, and forgiving one another, if any man have a quarrel against any: even as Christ forgave you, so also do ye. *[See also 2 Cor 2:10]*

Matthew 6:1`2-15 And forgive us our debts, as we forgive our debtors. And lead us not into temptation, but deliver us from evil: For thine is the kingdom, and the power, and the glory, for ever. Amen. For if ye forgive men their trespasses, your heavenly Father will also forgive you: but if ye forgive not men their trespasses, neither will your Father forgive your trespasses.

[Resolve all unforgiveness and bitterness before coming to the communion table. See also Matthew 18:21-35; Mark 11:25-26; Luke 6:37, 11:4, 17:3-4, 23:34]

5. Forgiveness of sins

1 Cor 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?

Eph 1:7 in whom we have redemption through his blood, the forgiveness of sins, according to the riches of his grace; [See also Col 1:14; Heb 9:12; Rev 5:9]

Psalms 103:12 As far as the east is from the west, so far hath he removed our transgressions from us.

Heb 8:12 For I will be merciful to their unrighteousness, and their sins and their iniquities will I remember no more. [See also Heb 10:17; Isa 43:25; Jer 31:34]

John 5:24 Verily, verily, I say unto you, He that heareth my word, and believeth on him that sent me, hath everlasting life, and shall not come into condemnation; but is passed from death unto life.

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

Romans 8:1 There is therefore now no condemnation to them which are in Christ Jesus, who walk not after the flesh, but after the Spirit.

If we are in sin, it is right that we feel guilt and condemnation for the sin. That should drive us to confess to God, repent, and ask forgiveness. We then believe on the Lord Jesus Christ who bore our sin and we are redeemed by His blood. Our iniquity is washed away by the blood of Jesus (Rev 1:5, 7:14) and sins are cast into depths of the sea (Micah 7:19)

This is part the communion with the blood of Christ and something that we are reminded of in the Lord's supper. Once our sins are forgiven, God remembers them no more, and neither should we. Do not continue to beat yourself up over the past. Do not let condemnation of the devil (1 Tim 3:6) or our flesh put you in condemnation for what God has forgiven you. We should learn the lessons and not return to those things, but also must lay aside these weights so we may run the race that is set before us (Heb 12:1), free to serve God without these burdens holding us back.

Jesus has purchased our forgiveness. If we continue to live in condemnation then we are despising (devaluing) and denying what Jesus did for us. If we feel unworthy, it is because we are looking to ourselves. We are not worthy because of anything we do or not do, it is because of what Jesus did. We are worthy because Jesus is worthy and we abide in Jesus.

Discerning Healing in the Bread

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[Blessing: Blessed art Thou, O LORD our God, King of the universe, who bringeth forth bread from the earth.]

1 Cor 11:28-30 But let a man examine himself, and so let him eat of that bread, and drink of that cup. For he that eateth and drinketh unworthily, eateth and drinketh damnation to himself, not discerning the Lord's body. **For this cause many are weak and sickly among you, and many sleep.**

[Note that health is linked to properly discerning the Lord's body – weakness, sickness, premature death are consequences of not discerning the Lord's body (Heb 10:29) Jesus was in perfect health. We should have an expectation of healing when we are in communion in the body of Christ]

1 Cor 11:23-24 For I have received of the Lord that which also I delivered unto you, That the Lord Jesus the same night in which he was betrayed **took bread**: and when he had given thanks, **he brake it**, and said, Take, eat: **this is my body, which is broken for you**: this do in remembrance of me.

Isa 53:5 But he was wounded for our transgressions, he was bruised for our iniquities: the chastisement of our peace was upon him; and **with his stripes we are healed.**

1 Peter 2:24 who Himself bore our sins in His own body on the tree, that we, having died to sins, might live for righteousness-**by whose stripes you were healed.**

[His body was broken so that we may be made whole. Bread signifies the body that was broken, so when Jesus broke the unleavened bread and gave it to His disciples, He illustrated that in His body would be broken in order that our body may be whole – when we discern HIM, it is HIS strength that overcomes sickness and disease, when we do not discern we are working in our own strength of the flesh]

John 6:51 **I am the living bread** which came down from heaven: if any man eat of this bread, he shall live for ever: and **the bread that I will give is my flesh**, which I will give for the life of the world.

[Included in discerning the Lord's body (1 Cor 11:29) is understanding His body was broken so we can be made whole – understanding that healing of both soul and body is included in the completed work on the cross – also note the promise of live forever if partaking of bread]

Hebrews 10:29 of how much sorer punishment, suppose ye, shall he be thought worthy, who hath trodden under foot the Son of God, and hath counted the blood of the covenant, wherewith he was sanctified, an unholy thing, and hath done despite unto the Spirit of grace? *[See also Malachi 1:7]*

*[By His stripes we **were** healed, this includes the healing of our spirit, soul, and body -- If we in any way reduce or subtract from the significance of the finished work on the cross, we trod the blood of Jesus underfoot]*

[Of note is that the same areas we should examine ourselves in prior to partaking of the Lord's Supper also can be strongholds of the enemy that inhibit our healing: 1. Failing to discern the body and the blood; 2. Serving the wrong master; 3. Failing to make reconciliation if any have ought against you; 4. Unforgiveness – see in Mark 11:23-26 how unforgiveness (Mark 11:25-26) can inhibit receiving (Mark 11:23-24); 5. Living in condemnation, feeling unworthy]

Discerning the Veil in the Bread

Heb 10:19-20 Having therefore, brethren, boldness to enter into the holiest by the blood of Jesus, by **a new and living way**, which he hath consecrated for us, **through the veil, that is to say, his flesh**;

Matthew 27:50-52 Jesus, when he had cried again with a loud voice, yielded up the ghost. And, behold, **the veil of the temple was rent in twain from the top to the bottom**; and the earth did quake, and the rocks rent; and the graves were opened; and many bodies of the saints which slept arose,

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Heb 4:16 Let us therefore come boldly unto the throne of grace, that we may obtain mercy, and find grace to help in time of need.

[The flesh (bread) also represents the veil that was torn opening the way between God and man. Just as the bread is broken and Jesus' body was rent, so is the veil that separated us from God]

[This "new and living way" is by His Spirit, allowing us to approach God with boldness (confidence = con fide = with faith) because of what Jesus has done and a heart made pure by the blood of Jesus. Boldness because we have faith in what Jesus did. Furthermore, the resurrected body of Jesus validates the new covenant, because the same Holy Spirit that raised up Jesus from the dead is the same Spirit dwelling in the children of God (Rom 8:11), Who will raise them, too, at the last day!]

[modern corruption of the definition of boldness means prideful self-confidence, whereas we do not enter in with pride in ourselves (what we do), but boldness of faith in what Jesus did (God-confidence)]

Discerning the Fellowship of Believers (Body of Christ) in the Bread

1 Cor 10:17 For we being many are **one bread, and one body**: for **we are all partakers of that one bread**.

Read **Luke 24**

Luke 24:35 And they told what things were done in the way, and how **he was known of them in breaking of bread**.

Luke 24:36 **And as they thus spake, Jesus himself stood in the midst of them**, and saith unto them, Peace be unto you

Matthew 18:20 For where two or three are gathered together in my name, there am I in the midst of them.

John 13:35 By this shall all men know that ye are my disciples, if ye have love one to another.

[in the breaking of bread and fellowship Jesus is known, "do this (breaking of bread) in remembrance of Me"]

Acts 2:42 And they continued stedfastly in the apostles' doctrine and fellowship, and in **breaking of bread**, and in prayers.

Acts 2:46 And they, continuing daily with one accord in the temple, and **breaking bread** from house to house, did eat their meat with gladness and singleness of heart,

Acts 20:7 And upon the first day of the week, when the disciples **came together to break bread**, Paul preached unto them, ready to depart on the morrow; and continued his speech until midnight.

1 Cor 10:16b The bread which we break, is it not **the communion of the body of Christ**?

1 Cor 1:10 Now I beseech you, brethren, by the name of our Lord Jesus Christ, that ye all speak the same thing, and that there be no divisions among you; but that ye be perfectly joined together in the same mind and in the same judgment.

Unity is we are joined together speaking the same thing, in the same mind, and same judgement. The Lord's supper reminds us to be joined together, united in the fellowship of believers

[More on the fellowship of believers being the Body of Christ: Rom 12:5; 1 Cor 12:12-27; Eph 3:6, 5:23; Col 1:18, 1:24.

Fellowship with the Father and His Son: 1 Cor 1:9; 1 John 1:3. Fellowship through the Holy Ghost 2 Cor 13:14, Phil 2:1.

Fellowship in the Gospel 1 Cor 9:23; Phil 1:5; 1 John 1:7]

*[The church (ecclesia – called out ones) can be seen in the communion (koinonia – fellowship) of the saints/the Body of Christ (bread=body) as in one bread, one body. The breaking of bread with other believers signifies fellowship within the Body of Christ and unity by the Holy Spirit (Eph 4:3; Ps 133:1). All believers who have Jesus as their head (Col 1:18) are part of the body – we are united together in the truth with **one** head (one authority). We are known as His disciples if we have love for*

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one another (John 13:35) and where 2 or 3 are gathered in His name, He is in the midst (Matthew 18:20) Note that ONLY Jesus is the head, none of us are the head – also, the mouth is part of the head, and so should we speak His words]

[Those who are united together in compromise are part of a body that has multiple heads – noted that “COEXIST” has seven letters and the beast in Rev 13 has seven heads]

Discerning God's Word in the Bread

Matthew 4:4 But he answered and said, It is written, Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God. *[See also Deut 8:3; Luke 4:4]*

John 1:14 And the Word was made flesh, and dwelt among us, (and we beheld his glory, the glory as of the only begotten of the Father,) full of grace and truth.

John 6:33 For the bread of God is he which cometh down from heaven, and giveth life unto the world.

1 Cor 10:3-4 and did all eat the same spiritual meat; and did all drink the same spiritual drink: for they drank of that spiritual Rock that followed them: and that Rock was Christ.

Matthew 6:11 Give us this day our daily bread.

[just as our physical body needs food on a daily basis else it would weaken, so our spirit needs the spiritual food of God's words on a daily basis. Col 3:16 tells you how to let the word of Christ dwell in you]

Col 3:16 Let the word of Christ dwell in you richly in all wisdom; teaching and admonishing one another in psalms and hymns and spiritual songs, singing with grace in your hearts to the Lord. *[See John 6:56]*

The Cup

[Blessing: Blessed art Thou, O LORD our God, King of the universe, who createst the fruit of the vine.]

- **Cup of indignation**

Rom 2:5 but after thy hardness and impenitent heart treasurest up unto thyself wrath against the day of wrath and revelation of the righteous judgment of God; *[see also Matthew 23:31-33; 1 Thess 2:16; Gen 15:16] [Heb 3:9-12 evil heart of unbelief, error in their heart]*

Rev 14:10 the same shall drink of the wine of the wrath of God, which is poured out without mixture into the cup of his indignation; and he shall be tormented with fire and brimstone in the presence of the holy angels, and in the presence of the Lamb: *[see also Isaiah 51:17, 22; Jeremiah 16:7, 25:15; Ezek 23:33; Zech 12:2; Rev 16:19]*

Rev 15:7 And one of the four beasts gave unto the seven angels seven golden vials full of the wrath

of God, who liveth for ever and ever

[The cup represents a measure or portion. Wrath is stored up against us due to sin.]

- **Cup of salvation**

Psalms 116:13 I will take the cup of salvation, and call upon the name of the Lord.

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Mark 14:36 And he said, Abba, Father, all things are possible unto thee; take away this cup from me: nevertheless not what I will, but what thou wilt.

[The only way to purchase our salvation. The Father gave Jesus a cup of suffering to drink -- the wrath that was stored up against us for our sin -- requiring Him to be the sacrificial Lamb of atonement for sin and to pour out His sinless blood through a torturous death; the wages of sin is death (Rom 6:23) so only the shed blood of Jesus can cleanse and make permanent atonement for all sin -- what was a cup of indignation now becomes a cup of salvation unto us]

- **Cup of blessing**

1 Cor 10:16a The **cup of blessing** which we bless, is it not the communion of the blood of Christ?

[Instead of a cup of wrath (which we deserve - justice) we now receive a cup of blessing (which we do not deserve -- grace) because of what Jesus has done for us (so we don't get what we deserve - mercy)]

Discerning the Testimony of the Covenant in the Fruit of the Vine

Hebrews 9:18-20 Whereupon neither the first testament was dedicated without blood. For when Moses had spoken every precept to all the people according to the law, he took the blood of calves and of goats, with water, and scarlet wool, and hyssop, and sprinkled both the book, and all the people, saying, This is the **blood of the testament** which God hath enjoined unto you. *[See Exodus 24:5-11]*

Zech 9:11 As for thee also, by the **blood of thy covenant** I have sent forth thy prisoners out of the pit wherein is no water. *[See Ps 63:1; Luke 11:24; Luke 16:24 concerning dry places]*

Matthew 26:28 for this is my **blood of the new testament**, which is **shed for many for the remission of sins** *[See also Mark 14:24; Luke 22:20; 1 Cor 11:25]*

[Participate by faith in the cutting of the covenant. Covenant is the agreement or contract, Testament is the testimony/evidence of the covenant. Notice blood was sprinkled on book and people -- covenant is God keeping His word to the people. New wine is the blood of the grape (Gen 49:11; Deut 32:14;)]

Discerning the Atonement in the Fruit of the Vine

Exodus 12:23 For the Lord will pass through to smite the Egyptians; and **when he seeth the blood** upon the lintel, and on the two side posts, **the Lord will pass over the door**, and **will not suffer the destroyer to come in unto your houses to smite you**.

Leviticus 17:11 For the **life of the flesh is in the blood**: and I have given it to you upon the altar to make an atonement for your souls: for **it is the blood that maketh an atonement for the soul**.

[Blood is the life of the body. The wages of sin is death. Jesus' blood was poured out to make atonement for our sin]

1 Peter 1:18-19 forasmuch as ye know that ye were not redeemed with corruptible things, as silver and gold, from your vain conversation received by tradition from your fathers; but with the precious blood of Christ, as of a lamb without blemish and without spot:

Revelation 12:11 And they overcame him by the blood of the Lamb, and by the word of their testimony; and they loved not their lives unto the death.

Discerning Cleansing in the Fruit of the Vine

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1 John 1:7 but if we walk in the light, as he is in the light, we have fellowship one with another, and **the blood of Jesus Christ his Son cleanseth us from all sin.**

Revelation 1:5 and from Jesus Christ, who is the faithful witness, and the first begotten of the dead, and the prince of the kings of the earth. Unto him that loved us, and **washed us from our sins in his own blood,**

Revelation 7:14 And I said unto him, Sir, thou knowest. And he said to me, These are they which came out of great tribulation, and have washed their robes, and made them **white in the blood of the Lamb.**

Overcame by the blood of the lamb

Discerning Holy Spirit in the Fruit of the Vine

Luke 5:37-38 And no man putteth new wine into old bottles; else the new wine will burst the bottles, and be spilled, and the bottles shall perish. But new wine must be put into new bottles; and both are preserved.

Acts 2:12-15 And they were all amazed, and were in doubt, saying one to another, What meaneth this? Others mocking said, These men are full of new wine. But Peter, standing up with the eleven, lifted up his voice, and said unto them, Ye men of Judæa, and all ye that dwell at Jerusalem, be this known unto you, and hearken to my words: for these are not drunken, as ye suppose, seeing it is but the third hour of the day.

Eph 5:18 And be not drunk with wine, wherein is excess; but be filled with the Spirit;

*[Just as the Lord's Supper involves **both** bread and the fruit of the vine, we need to partake daily of the words of God and be filled with the Holy Spirit (John 6:63; Eph 1:13-14). Eating=Word (needs chewing/digesting); Drinking=Spirit (refreshing) Verses 19-21 tell you how to be filled with the Spirit. Note that it is referred to as "new wine", not fermented. In grape harvest season is grape juice, out of season it is mingled (diluted) with water, ideas is to be refreshed and sober, not drunkenness]*

Eph 5:19-21 speaking to yourselves in psalms and hymns and spiritual songs, singing and making melody in your heart to the Lord; giving thanks always for all things unto God and the Father in the name of our Lord Jesus Christ; submitting yourselves one to another in the fear of God.

John 6:63 It is the spirit that quickeneth; the flesh profiteth nothing: **the words that I speak unto you, they are spirit,** and they are life.

Discerning the Lord's return in the bread and the cup

[Blessing: Blessed be the God and Father of our Lord Jesus Christ, which according to his abundant mercy hath begotten us again unto a lively hope by the resurrection of Jesus Christ from the dead (1 Peter 1:3)]

Luke 22:18 for I say unto you, I will not drink of the fruit of the vine, **until the kingdom of God shall come.**

Matthew 26:29 But I say unto you, I will not drink henceforth of this fruit of the vine, **until that day when I drink it new with you in my Father's kingdom.**

1 Cor 11:26 For as often as ye eat this bread, and drink this cup, **ye do shew the Lord's death till he come.**

[We partake in the Lord's supper in anticipation and expectation of the day when we will drink it new with Him in the kingdom. There will be a great marriage supper of the Lamb and judgment on the wicked Revelation 19:7-18. In that day,

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those who do not share in the cup of the Lord will have their own cup of judgment from the winepress of the wrath of God to drink (Psalm 75:8; Rev 14:9-10)]

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FAQ about the Lord's supper

Q: What is the difference between an ordinance and a sacrament?

A: A sacrament is believed to be a ritual or rite in which grace is conveyed to the individual as a result of performing the ritual acts. Performance of a sacrament is a requirement to obtain or maintain salvation.

An ordinance (i.e. Exodus 12:4) is a reenactment in which the believer demonstrates belief and participates by faith in what Jesus did. It is a commemoration, performed to put us in remembrance of something that took place spiritually. Salvation is not obtained by performance of an ordinance, to the contrary an ordinance is performed as a response or result of salvation. An ordinance is not practiced to get or stay saved, it is practiced because we are saved.

Q: What is the Ordinance of the Lord's supper?

A: The Lord's supper (1 Cor 11:20), also called communion (1 Cor 10:16) or the koinōnia (Greek word for "fellowship"), holds deep significance for a believer.

The Lord's supper is about remembering, anticipating and celebrating what God has done, is doing, and will do. This is not about "sacrament" or ritual. The elements of the bread and the wine have no unique quality in and of themselves. They are significant in the ordinance because they are a visible cue and point of contact for us to believe (put our faith in action) in God having reconciled us to Himself. It is also about the communion of believers together in the body of Christ.

Water baptism is a one time ordinance in which we—by faith—partake in the death, burial, and resurrection of Jesus in which the debt of sin was paid once and for all. The Lord's supper is a repeated ordinance and reminder in which we partake in the healing purchased by Jesus' stripes and partake in the blood covenant with God.

The Lord's supper is a symbol of the new covenant we have with God by Christ Jesus. This covenant is the "new and living way" whereby we follow God's law written on our hearts by the power of His Spirit. In the Lord's supper, we remember Jesus' death and resurrection, that we must discern (understand in our hearts) making His words and Spirit part of us, and looking forward to His soon return.

Q: What is the sacrament of the Holy Eucharist?

A: Is a term that Roman Catholics and some Reformed catholic churches use by tradition. In the Bible, the Greek word eucharistia is translated as "giving of thanks" (1 Cor 14:16; Eph 5:4) and "thanksgiving" (Col 2:7, 4:2; Rev 7:12) and in none of these cases is it referring to communion.

Those who practice the sacrament of the eucharist partake in a corrupted version of communion with the cup and table of devils. But do not let it dissuade you from biblical commemoration of the Lord's supper. Just because there is a corrupt version of something does not mean you should throw out the true biblical practice. Actually, if the devil takes the time to make a corrupt version of it, then the true version must be very powerful indeed.

Q: Does the bread and wine actually become the body and blood of the Lord, as some teach?

A: Certainly not! This is a perversion of the spiritual truth Jesus taught in John 6:53-56 about eating His flesh and drinking His blood. The Roman Catholic church has built a whole doctrine called transubstantiation on this one passage, ignoring the fact that just a few verses later, Jesus said, "It is the spirit that quickeneth; the flesh profiteth nothing: the words that I speak unto you, they are spirit, and they are life" (John 6:63). In addition, God forbids the practice of eating blood and would never command His children to do something He had already forbidden: "But flesh with the life thereof, which is the blood thereof, shall ye not eat" (Genesis 9:4, see also Deuteronomy 12:23). Those who teach this unscriptural tradition would rather have you eating Jesus than placing your faith in Him. If that weren't enough, Catholic priests allegedly have the supernatural power to turn the bread and wine into the literal body and blood of Jesus Christ. This is blatant idolatry, for they are exalting themselves to the position of God. The Bible teaches that all spiritual life comes through faith in Jesus; for

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He said, "I am the bread of life: he that cometh to me shall never hunger; and he that believeth on me shall never thirst" (John 6:35). Jesus is not physically with us now; our communion with Him is by His Spirit.

Q: Altar or Table?

A: The Roman Catholic Church today uses the word altar because it teaches that the mass is a sacrifice. The word altar speaks of the sacrifices of the law and both the law and the sacrifices of the law have ceased; they have been fulfilled in Jesus. The communion table, on the other hand is not a sacrifice, but a remembrance of the "once for all" sacrifice of Jesus (Heb 9:11-15; Heb 9:24-28; Heb 10:9-14; 1 Peter 3:18; Rom 6:9-10). The Lord Jesus Christ instituted the ordinance on a table and not on an altar. The Apostles after this always used the table rather than an altar in the administration of the Lord's Supper. Because an altar is for sacrifice and a table is for communion. We do not sacrifice Christ again and again: "seeing they crucify to themselves the Son of God afresh, and put him to an open shame" (Heb 6:6b). Communion is in **remembrance** of Jesus who was offered for sin once and for all. (1 Cor 11:24-25)

Q: How often should Lord's supper be observed?

A: There is no biblical guideline for how often individuals or a group of believers should observe the Lord's supper. The instruction was simply "this do ye, as oft as ye" (1 Cor 11:25-26). What is stressed more than frequency is that it is done "in remembrance" (Luke 22:19; 1 Cor 11:24-26) and "discerning the body and the blood" (1 Cor 11:29).

While baptism is a one time ordinance, communion is a repeated ordinance that should be held periodically as a reminder of believers' mutual fellowship with the Lord and with one another. "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?" (1 Cor 10:16). Some may do it monthly, some weekly, some daily, some only annually on Passover or certain holidays. A general guideline to follow would be to not take communion so often that it becomes ritualistic and/or routine, but often enough that believers benefit from the reminder. As often as needed for remembrance, but not so often as it loses significance.

Q: Do I have to be a "church member" to participate in Communion?

A: There is no biblical qualification other than to be a believer, to examine oneself, and to properly "discern the Lord's body".

Some groups, by man's tradition, practice a "closed" communion in which they have a set of guidelines for who they let participate in communion (such as only those over a certain age and are on the church membership roster who have been baptized in their church). Other groups practice an "open" communion and leave it up to the individual believer to decide to participate or not. In any situation, Pastors or elders should provide instruction beforehand so that those present have an opportunity to examine themselves and properly discern the body and the blood of Christ. Scripture suggests that anyone can participate if they 1) have been saved and 2) can partake worthily (examine themselves and understand what the bread and wine represent).

Q: Do you have to use special bread and wine?

A: Short answer, "No". If all you had on hand was wonder bread and water and were led to partake of the Lord's supper, then do so. There is nothing magical about the elements, they are representative and intended to put you into remembrance of Jesus. When available, some lessons can be drawn from the elements and their ingredients, such as:

- matzo bread is without leaven (without sin)
- bread is pierced, striped, broken, represents body of Jesus, healing
- bread represents God's words
- breaking of bread represents fellowship together in the body of Christ
- flour ground from wheat than is grown from seed, fruitfulness
- salt is a purifier, self examination, we are salt of the earth (Mt 5:13)
- olive oil represents anointing, Holy Ghost
- water is cleansing and represents the Spirit

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- wine - blood of the grape, represents blood of Jesus, redemption
- new wine - refreshing, joy, the Holy Ghost

Q: How is the Lord's supper identification with Christ?

A: By partaking of the communion cup, we are remembering the atonement that Jesus purchased for us and committing to follow Jesus no matter the cost. Jesus drank the cup of God's wrath for our sin, and we partake in His sufferings for righteousness' sake. Jesus said, "If they have persecuted me, they will also persecute you" (John 15:20). Paul knew from experience that all who "live godly in Christ Jesus shall suffer persecution" (II Timothy 3:12). And Peter encouraged believers to respond to persecution even as Christ did in I Peter 2:21-23 "For even hereunto were ye called: because Christ also suffered for us, leaving us an example, that ye should follow his steps: Who did no sin, neither was guile found in his mouth: Who, when he was reviled, reviled not again; when he suffered, he threatened not; but committed himself to him that judgeth righteously"

The Lord's supper gives believers the opportunity to identify themselves with Jesus, Mediator of the new covenant, and show that they are willing to experience both His life (power) and death (suffering) in their daily walk. The apostle Paul said it best: "That I may know him, and the power of his resurrection, and the fellowship of his sufferings, being made conformable unto his death. If by any means I might attain unto the resurrection of the dead" (Philippians 3:10-11). Just as the Passover was a symbol of the old covenant, so the Lord's supper is a symbol of the new. Christians remember the sacrificial death of the Lamb of God for their sin (bondage) while anticipating the consummation of their salvation in the Kingdom of heaven (Promised Land). King David knew only the old covenant, yet by faith he declared, "I will take the cup of salvation, and call upon the name of the LORD" (Psalm 116:13).

Ordinance

[Prayer and silence for self examination]

That the Lord Jesus the same night in which he was betrayed took bread: and when he had given thanks, he brake it,

[Break bread]

and said, Take, eat: this is my body, which is broken for you: this do in remembrance of me.

[Eat bread]

After the same manner also he took the cup, when he had supped, saying, "This cup is the new testament in my blood: this do ye, as oft as ye drink it, in remembrance of me."

[Drink]

For as often as ye eat this bread, and drink this cup, ye do shew the Lord's death till he come. (1 Cor 11:23-26)