

A “Look” at the Lord’s Supper

Read 1 Corinthians 11:17-34 and take special care to examine yourself before you partake in the Lord’s Supper Table. Use this time to quiet your heart and prepare yourself.

A Backward Look

...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 also he took 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.***” (Verses 24-25)

We should remember Jesus, His life and ministry. Remember His work on the cross, His broken body and blood that was shed. All this was for the sins of the world, that we might be reconciled to God.

A Forward Look

For as often as you eat this bread and drink the cup, ***you proclaim the Lord's death until he comes.*** (Verse 26)

We should look in anticipation of the return of Christ. He will one day call us home to heaven through death, or He will appear in the sky to collect the church to Himself. We yearn for the time where we will see Him face to face. There is joy in the promise, but also a call for us to serve His kingdom and proclaim His salvation until He does call us home.

An Inward Look

Whoever, therefore, eats the bread or drinks the cup of the Lord in an unworthy manner will be guilty concerning the body and blood of the Lord. ***Let a person examine himself,*** then, and so eat of the bread and drink of the cup. (Verses 27-28)

We must examine ourselves before we share the Lord’s Supper. We identify our sin. Confess where we have strayed. Offer our repentance before a Gracious God. We recognize where we have fallen short and don’t keep those things hidden from God. We also ask God to reveal to us where we might have sinned and not been aware. The Bible clearly tells us to come to the Supper table empty of ourselves and ready to be filled by His Spirit.

We come together to take the Bread and Cup. Remember that they are merely symbols of our Lord’s body and blood poured out for you. This moment we share as a body is a prayerful time of sober reflection of our hearts and mind. But don’t forget that it is also a time of joyous praise that Jesus has paid the ultimate price that we might in turn be saved to eternal glory in God the Father.