

# Preparation for the Lord's Supper

## On Sunday, January 16, 2011 – All Services

### What is the Lord's Supper?

The Lord's Supper is a symbolic act of obedience whereby believers, through partaking of unleavened bread and the fruit of the vine, memorialize the death of the Redeemer and anticipate His second coming.

### What do the Scriptures say regarding the Lord's Supper?

*“When the hour came, Jesus and his apostles reclined at the table. And he said to them, ‘I have eagerly desired to eat this Passover with you before I suffer. For I tell you, I will not eat it again until it finds fulfillment in the kingdom of God.’ After taking the cup, he gave thanks and said, ‘Take this and divide it among you. For I tell you I will not drink again of the fruit of the vine until the kingdom of God comes.’ And he took bread, gave thanks and broke it, and gave it to them, saying, ‘This is my body given for you; do this in remembrance of me.’ In the same way, after the supper he took the cup, saying, ‘This cup is the new covenant in my blood, which is poured out for you’.”* Luke 22:14-21 (NIV)

*“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.’ For whenever you eat this bread and drink this cup, you proclaim the Lord's death until he comes.”* I Corinthians 11:23-26 (NIV)

*“A man ought to examine himself before he eats of the bread and drinks of the cup.”* I Corinthians 11:28 (NIV)

### Suggestions for examining yourself (Concepts taken from “Returning to Holiness” by Dr. Gregory R. Frizzell):

*“Everyone who has this hope in him purifies himself, just as he is pure.”* I John 3:3 (NIV)

You may want to reflect on one of these categories beginning today and continuing each day this week.

- **Sins of Thought** – Prayerfully consider the following Scriptures. You can only be as filled with God as you are willing to be emptied of yourself. If you are completely honest and thorough in your confession, God will completely cleanse and transform your life.

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| <b>Matthew 5:28; 7:22-23; 15:8-9</b> | <b>John 17:3</b>        | <b>Romans 8:16</b> |
| <b>Psalm 1:2; 119:15-16</b>          | <b>Colossians 3:1-3</b> | <b>James 4:3</b>   |
| <b>2 Corinthians 10:5</b>            | <b>Hebrews 12:14</b>    | <b>I John 3:3</b>  |

- **Sins of Attitude** – As God examines our lives, He not only views our outward actions, He especially watches the attitude behind them. God is deeply focused on the attitude of our hearts. Ask God to clearly open your eyes to the heart attitudes within.

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| <b>Revelation 3:15-16</b> | <b>I Peter 5:5</b>       |
| <b>James 2:1, 4</b>       | <b>Philippians 2:3-4</b> |
| <b>Hebrews 11:6</b>       | <b>Psalm 51-17</b>       |
| <b>Ephesians 4:2</b>      | <b>Matthew 5:44</b>      |
| <b>I Timothy 6:6</b>      | <b>I John 2:15-17</b>    |

- **Sins of Speech** – God places enormous importance on our speech. In Matthew 12:36, Jesus makes a sobering statement: *‘But I tell you that men will have to give account on the Day of Judgment for every careless word they have spoken.’* Today’s society has experienced an unprecedented explosion of vile and wicked speech. Often without even knowing it, many believers have become involved in sins of speech. Ask God for discernment as you prayerfully examine your words.

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| <b>Ephesians 4:29,31; 5:4</b> | <b>Colossians 3:9</b> | <b>I Corinthians 1:10; 10:10</b> |
| <b>I Thessalonians 5:18</b>   | <b>I Timothy 5:17</b> |                                  |

- **Sins of Relationships** – Perhaps the most common place we lose God’s fullness is in our relationships. Relationship sins generally fall in five major areas. In each area, you must be willing to take specific actions of repentance. But by God’s mighty grace, you can!

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| <b>Can you think of people you may have hurt or offended in some manner?</b>         | <b>Matthew 5:23-24</b>                                 |
| <b>Are you bitter or holding grudges against people who have offended you?</b>       | <b>Matthew 6:14-15</b>                                 |
| <b>Are you involved in any improper relationships?</b>                               | <b>Ephesians 5:3</b>                                   |
| <b>Do you neglect regular fellowship and meaningful service through your church?</b> | <b>Hebrews 10:25;<br/>I Corinthians 12-14</b>          |
| <b>Are your family relationships consistent with God’s Word?</b>                     | <b>Ephesians 5:23-25, 33;<br/>6:1-4; I Peter 3:3,7</b> |

- **Sins of Commission** – Transgression is any act of breaking God’s law or doing something God forbids. These sins are also known as “sins of commission.” The following Scriptures describe common areas of transgression. Prayerfully consider each one.

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| <b>Ephesians 5:5, 12</b> | <b>I Corinthians 3:16-17</b> |
| <b>Exodus 20:2-3</b>     | <b>Matthew 7:24</b>          |
| <b>Malachi 3:8-10</b>    | <b>Proverbs 13:11</b>        |
| <b>Leviticus 19:31</b>   | <b>Revelation 2:14-15</b>    |
| <b>Romans 14:23</b>      |                              |

- **Sins of Omission** – A sin often ignored is that of omission. James 4:17 speaks of this condition. *‘Anyone, then, who knows the good he ought to do and doesn’t do it, sins.’* James 4:17 (NIV) Prayerfully consider the following sins of omission:

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| <b>John 15:4-5</b>    | <b>Acts 1:8</b>                 |
| <b>Ephesians 4:8</b>  | <b>Romans 6:14</b>              |
| <b>Hebrews 4:1</b>    | <b>James 1:23-24, 3:1, 5:16</b> |
| <b>Jeremiah 29:13</b> |                                 |

- **Sins of Self-Rule and Self-Reliance** – Of all the categories, this one may require the most discernment and revelation from God. Prayerfully consider subtle ways the old nature remains undetected and very much alive in key areas of your heart. Many believers have un-crucified areas of self that seriously hinder the flow of Christ through their life. They cannot find the victory God has so clearly promised.

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| <b>The Flesh</b>     | <b>Galatians 5:17-20</b>   |
| <b>Dying to Self</b> | <b>Matthew 16:24-25; Romans 6:6;<br/>John 12:24; Proverbs 17:3;<br/>II Corinthians 12:9-10;<br/>Galatians 2:20</b> |