The Lord's Supper

Remember to fill in the Bible references before coming to the study

The Lord's Supper is one of the most important parts of our worship, but what is it all about? What does it mean? What should be going through our minds while we eat the bread and drink the wine?

The Lord's Supper is essentially a service of thanksgiving. On the last occasion Jesus ate with His disciples He gave thanks for the bread and wine they were eating. He then said that bread and wine were to be the symbols of His body and blood, and so the Lord's Supper was instituted (Luke 22:14-20). When we take part in the Lord's Supper we also give thanks, and for a very special reason -Christ gave His body and shed His blood for us!

Let us begin by turning to 1 **Corinthians 11:23-31**, where the events of that last meal are again recorded for us. Fill in the relevant verses as we come to them.

1. LOOKING BACKWARDS TO CHRIST: At the Lord's Supper we especially remember the death of Jesus for our sins. He tells us to take the bread and wine in remembrance of the time when He gave His life for us: look up verses 23-25
The bread and wine represent Christ. He cannot be physically present in the bread and wine, for He is risen and His body is in Heaven. As we receive the bread and wine we remember that Jesus is the Bread of Life (Eternal Life) and we feed on Him by faith.
2. LOOKING OUTWARDS AND FORWARDS: Whenever we eat the bread and drink the wine we (a) "proclaim" the Lord's death (b) "until He comes": look up verse 26
The Lord's Supper is an announcement of the Gospel in actions and words. This is primarily for our own encouragement as Christians, but it should remind us to look outward and "proclaim" Christ to others.
The Lord's Supper also points us to the return of Jesus. We receive the symbols of bread and wine "until He comes." When He comes, we shall no longer need a reminder of His dying love. We shall be present with Him, and will eternally sing, "Worthy is the Lamb who was slain": look up Revelation 5:12

We have seen in this study that the Lord Supper keeps us anchored to the central truths of the Gospel, and strengthens us for Christian living. It helps us rejoice in what God has done for us, and is a reminder of how we should live for God. The Lord's Supper rightly holds a central place in our worship and life together as Christians.

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