

Improving our Participation in the Lord's Supper

JUNE 2, 2023

Ground Rules

- ▶ I am not a theologian
- ▶ Ask questions...but remember the first rule
- ▶ Be a Berean (Acts 17 → examine the scriptures to see if these things are so)
- ▶ Challenge yourself: wisdom vs knowledge

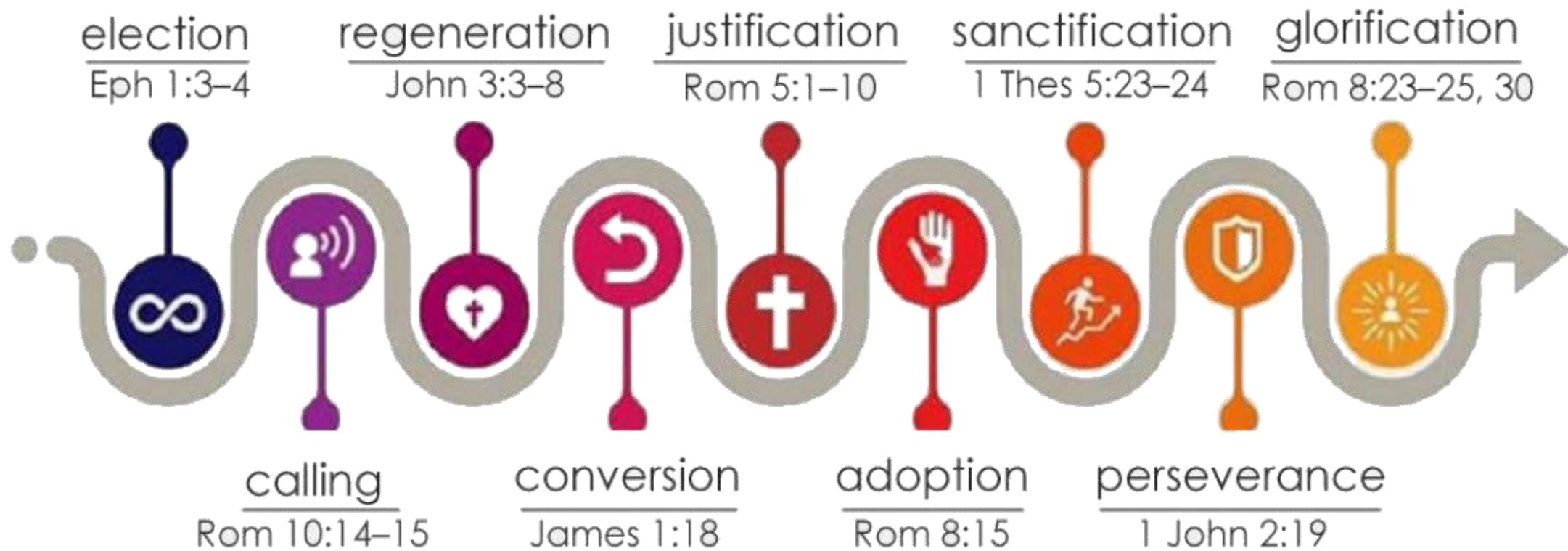
Why is this
important?

BENEFITS

- ▶ **WCF 27:1** “Sacraments are holy signs and seals of the covenant of grace...to represent Christ and His **benefits**...”
- ▶ **WCF 27:3** “The grace which is exhibited in or by the sacraments rightly used...contains a promise of **benefit** to worthy receivers.”

THE ORDER OF SALVATION

ORDO SALUTIS



Why is this
important?

BENEFITS

- ▶ **WCF 29:1** “Our Lord Jesus instituted the sacrament of the Lord’s Supper
 - ▶ for the perpetual remembrance of the sacrifice of Himself in His death;
 - ▶ the sealing all benefits thereof unto true believers,
 - ▶ **their spiritual nourishment and growth in Him,**
 - ▶ **their further engagement in and to all duties which they owe unto Him;**
 - ▶ **to be a bond and pledge of their communion with Him, and with each other**

Why is this
important?

BENEFITS

- ▶ “Christ is the only food of our soul, and therefore our Heavenly Father invites us to Christ, that, **refreshed by partaking of Him, we may repeatedly gather strength** until we shall have reached heavenly immortality.”

~John Calvin

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- ▶ “Satan is trying to deprive us of this treasure”

~John Calvin

- ▶ 1 Peter 5:8-9a
- ▶ Ephesians 6:11
- ▶ Matthew 13:18-22

Why is this important?

OPPOSITION

Why is this
important?

CHARGE

- ▶ **1 Cor. 11:17ff**
 - ▶ eat & drink in an unworthy manner or without discerning the body
 - ▶ examine yourself
 - ▶ judge yourself truly

Why is this
important?

CHARGE

▶ **1 Cor. 10:14ff**

- ▶ flee from idolatry
- ▶ the cup & the bread are participation in Christ
- ▶ cannot partake of the table of the Lord and the table of demons

Why is this
important?

CHARGE

- ▶ **WCF 17:3 (Perseverance)**
 - ▶ temptations of Satan & **neglect** of the means of their preservation, fall into grievous sins.
- ▶ **WCF 18:3-4 (Assurance)**
 - ▶ duty of everyone to diligently make his election sure
 - ▶ can be shaken by **negligence**

What help is available?

- ▶ Westminster Larger Catechism offers helps for all three phases of partaking in this sacrament:
 - ▶ Before
 - ▶ During
 - ▶ After



▶ **Examine yourself of:**

- ▶ Your being in Christ
- ▶ Your sins and wants
- ▶ The truth & measure of:
 - ▶ Your knowledge, faith, & repentance
- ▶ Your love to God and the brethren
- ▶ Your charity to all men
- ▶ Your forgiveness of those who have done you wrong
- ▶ Your desire after Christ
- ▶ Your new obedience

Available
Helps

BEFORE

Qs. 171 - 173




▶ **What should be the result of this examination?**

- ▶ Total depravity
- ▶ Unconditional election
- ▶ Limited atonement
- ▶ Irresistible grace
- ▶ Perseverance of the saints

Available
Helps

BEFORE

Qs. 171 - 173



▶ **Should you ever not receive the Lord's Supper?**

- ▶ What if this examination gives you doubts about your being in Christ?
- ▶ This is meant for relief to the weary, weak and doubting Christian
 - ▶ Isaiah 40:11, 29, 31; 55:1-3
 - ▶ Matt. 11:28
 - ▶ Rev. 22:17

Available
Helps

BEFORE

Qs. 171 - 173

Available
helps

DURING

Q. 174

- ▶ **With holy reverence and attention:**
 - ▶ Wait upon God
 - ▶ Diligently observe the elements and actions
 - ▶ Discern the Lord's body
 - ▶ Affectionately meditate upon his death and suffering


Stir yourself to a vigorous exercise of these graces

Available
helps

DURING

Q. 174

- ▶ **With holy reverence and attention:**
 - ▶ Judge yourself
 - ▶ Sorrow for sin
 - ▶ Hunger and thirst after Christ
 - ▶ Feed on Him by faith
 - ▶ Receive His fullness
 - ▶ Trust in His merits
 - ▶ Rejoice in His love
 - ▶ Give thanks for His grace
 - ▶ Renew your covenant with God
 - ▶ Renew your love for the saints

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- ▶ **Seriously consider how you have behaved**
 - ▶ **If quickened and comforted:**
 - ▶ Bless God!
 - ▶ Beg for continuance
 - ▶ Guard against relapses
 - ▶ Fulfill vows
 - ▶ Attend ordinance frequently

Available
Helps

AFTER

Q. 175



▶ **If not....**

- ▶ Review your preparation and attention

▶ **If you can approve yourself:**

- ▶ Wait on God for the fruit of sacrament

▶ **If you have failed in either:**

- ▶ Humble yourself
- ▶ Exercise more care and diligence

Available
Helps

AFTER

Q. 175