



THE LORD'S SUPPER

WHAT IS IT?

And he took a cup, and when he had given thanks he said, "Take this, and divide it among yourselves. For I tell you that from now on I will not drink of the fruit of the vine until the kingdom of God comes."

And he took bread, and when he had given thanks, he broke it and gave it to them, saying, "This is my body, which is given for you. Do this in remembrance of me."

And likewise, the cup after they had eaten, saying, "This cup that is poured out for you is the new covenant in my blood."

LUKE 22:17-20

On the night before Jesus' death, He shared this meal with His disciples. The Last Supper took place during Passover, the Jewish celebration of God delivering them from Egypt. Jesus knew He would be dying soon and used this meal to symbolize His death and a new promise to His people. Jesus would deliver His people by dying on the cross.

- ▶ The broken bread represents His body given to us.
- ▶ The cup represents His blood shed for us.
- ▶ The blood symbolized a new covenant (or promise) between God and His people.
- ▶ By dying on the cross, He paid for our sins, thereby allowing a new relationship between God and us.

Jesus commands believers to continue this practice in order to remember what He did for us in His death and resurrection. As disciples today, we observe the Lord's Supper in remembrance of what Christ did for us. The Lord's Supper is a reminder, a symbol, a proclamation, that Jesus gave His life so that we could be saved.

HOW CAN WE DO IT?

We can do the Lord's Supper with any group of Christians:

- ▶ Our family or friends
- ▶ Church
- ▶ Lifegroup

Christians vary on how frequently we should do this. The important thing is that we do it and it is a meaningful time of remembrance.

Elements or items needed (substitute other elements if needed):

- ▶ Grape juice or wine to signify His blood
- ▶ Crackers or bread to signify His body

Here are some suggestions for taking the Lord's Supper:

- ▶ Take time to have a silent prayer of self-examination, confession and repentance before the Lord.*
- ▶ Read Matthew 26:26-28.
- ▶ Remember the purpose of the bread: His body given – Take the bread.
- ▶ Remember the purpose of the cup: His blood shed – Take the juice.
- ▶ Take a moment to pray a prayer of thanksgiving.

**Scripture does give a warning not to take the Lord's Supper in an unworthy manner. If you are living in unrepentant sin or taking it for the wrong reason, it is best to hold off and seek God's direction. (Inwardly, examine yourself spiritually - 1 Corinthians 11:27-28)*