

Taking part in the Lord's Supper



Welcome to the Lord's Supper service

The Lord's Supper is a special and very precious 'means of grace'. It can be of great benefit to everyone who attends the service. But participation in the Lord's Supper – by sitting at the table and taking the bread and the cup – is not for everyone.

1. The Lord's Supper is for Christians

It is for those who know themselves to be sinners by nature, by habit and by deed, but who are humbly repenting of their sins and trusting in the death of the Lord Jesus Christ on the cross to save them from the guilt and pollution of their sin, to restore them to a relationship of fellowship with God, and to fit them, at the end of their lives on this earth, to dwell with Him and praise Him in glory forever.

For I received from the Lord what I also delivered to you, that the Lord Jesus on the night when 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 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." For as often as you eat this bread and drink the cup, you proclaim the Lord's death until He comes. 1 Corinthians 11:23-26

2. The Lord's Supper is for Christians in true Christian churches

Many of our spiritual duties, privileges and exercises are intensely personal. But the Lord's Supper is a corporate act, not a personal one. It is a Sacrament, given by Christ to the church – not to individual Christians – to observe in a disciplined way following His example (Luke 22:14-20) and according to the instructions He gave through the apostle Paul in 1 Corinthians 10 & 11. We often refer to the Lord's Supper as the 'Communion' service, which emphasises not only the relationship we have with Christ, but also the unity of those who sit together at the Lord's Table. Christians will desire to be active, involved members of an evangelical church – where they come under the discipline of Biblical preaching, the oversight of the elders and the fellowship of others. All such people, if they are at one with the members of the Reformed Church of Box Hill, are warmly invited to join us at the Lord's Table. If you are not a member of a congregation of the Christian

Reformed Churches of Australia please speak to one of the elders before first sitting at the Lord's Table with us.

The cup of blessing which we bless, is it not the communion of the blood of Christ? The bread which we break, is it not the communion of the body of Christ? For we, though many, are one bread and one body; for we all partake of that one bread. Observe Israel after the flesh: Are not those who eat of the sacrifices partakers of the altar? ... You cannot drink the cup of the Lord and the cup of demons; you cannot partake of the Lord's table and of the table of demons. ... All things are lawful for me, but not all things are helpful; all things are lawful for me, but not all things edify. Let no one seek his own, but each one the other's well-being. 1 Corinthians 10:16-18, 21, 23, 24

3. The Lord's Supper is for Christians who are repenting of their sins.

Given the previous two 'qualifications', this might seem obvious. Haven't all Christians repented of their sins? Yes, but the Bible shows that Christians can become careless and indifferent – or even fall into open sin and rebellion – and that in such a state they should not participate in the Lord's Supper. The Lord's Supper is a remembrance of Jesus' death for sinners. It would be hypocrisy of the worst kind to join in commemorating His saving death while unrepentantly harbouring the very sins for which He died. This does not mean that the Sacrament is for people who think they are perfect. On the contrary, its regular observance by the church is a rebuke to our sin, and calls us all to repentance, renewed dependence on God's saving grace, and devotion to live a godly life. Christian, do not come to the Lord's Table while you are willfully sinning and refusing to yield to God's law – instead repent, and then come gratefully and joyfully to this memorial of Christ's death for your sin.

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. For anyone who eats and drinks without discerning the body eats and drinks judgment on himself. That is why many of you are weak and ill, and some have died. But if we judged ourselves truly, we would not be judged. 1 Corinthians 11:27-31



For everyone who takes part properly, the Lord's Supper brings the blessing of hearts warmed by recalling our loving God's infinite grace to sinners through the death of His own beloved Son.

- **Prepare**, therefore, to come solemnly yet joyfully to this feast.

For those who do not join in the observance of the sacrament, we invite you to remain in your seat and to benefit from this service by considering the message of God's grace for undeserving sinners, set out before you in the broken bread and in the cup.

- **Watch** as communicants, who have gathered at the table, partake.
- **Listen** as the gospel of salvation through the death of the Lord Jesus Christ is proclaimed both in word and in the visible elements.
- **Consider** the free offer of eternal salvation set out before you, and all the blessings of fellowship in a true church available to you.



Worship every Sunday at 10.00am & 5.00pm
28 Watts Street,
Box Hill 3128



Mail: P.O. Box 217, Box Hill 3128
Phone: 0408 144 340
eMail: isaac.t.overton@outlook.com
Web: rcbh.org.au



The Reformed Church of Box Hill is a congregation of
the Christian Reformed Churches of Australia
Web: crca.org.au

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