

The Lord's Supper

At one time, I was discipling a man in Kenya who planted a church. He asked, "How are we to celebrate the Lord's Supper?" Below is the text that I sent him.

It is a condensed explanation of the essential aspects of the Lord's Supper and how we are to prepare and receive it. For Scripture reference, please see: Luke 22:14-23; Matthew 26:26-29; 1 Corinthians 11:17-34

What is the Lord's Supper?

1. The Lord's Supper was given to us by Jesus the night before he was crucified.
2. It is the New Covenant that God has made with us. We are given forgiveness of our sin through the giving of his body and blood.
3. We believe that the Lord's Supper is not just a symbol or remembrance but that true forgiveness of sins are declared through God's word. Therefore, we call the Lord's Supper a way that we receive God's grace.
 - a. Grace from God always involves the forgiveness of sin.
4. We also believe that Jesus is truly present in the Lord's Supper because we take him at his word: This is my body; this is my blood.
 - a. We believe that the bread is still bread and the wine is still wine, but that Jesus is truly present in, with, and under the bread and wine. Again, we believe this because we take Jesus at his word.

When do we have of the Lord's Supper?

1. There is no set period of when you partake in it. Some churches do it weekly, we do it monthly.

How should one Prepare for the Lord's Supper?

1. We should prepare by confessing and repenting of our sins.
2. Martin Luther said:

Dear Friends in Christ! In order that you may receive this Holy Sacrament in a worthy manner you should carefully consider what you must now believe and do. From the words of Christ: "This is My body, which is given for you; This is My blood, which is shed for you for the remission of sins;" you should believe that Jesus Christ is present with His body and blood, as the words declare. From Christ's words, "For the remission of sins," you should also believe that Jesus gives to you His body and blood to strengthen your assurance that your sins are forgiven. And, finally, you should do as Christ commands you when He says: "Take, eat; Drink of it, all of you; This do in remembrance of me."

If you believe these words of Christ, and do as He has commanded, then you have properly examined yourselves and may eat Christ's body and drink His blood in a worthy manner.

You should, also, unite in giving thanks to Almighty God, the Father of our Lord Jesus Christ, for so great a gift, and should love one another with a pure heart, and thus, with the whole Christian Church, have comfort and joy in Christ our Lord. To this end may God the Father give you His grace; through our Lord Jesus Christ. Amen.

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What to say to prepare the table of the Lord's Supper:

1. Say these words regarding the bread and the wine.
 - a. (Taking the bread in your hand) "Our LORD Jesus Christ, on the night when he was betrayed, took the bread, gave thanks, and broke it, and gave it to his disciples and said, 'Take, eat; this is my body, which is given for you. Do this in remembrance of me.'
 - b. Taking the Cup "In the same way also he took the cup after supper, gave thanks, and gave it to them, and said, 'Take, drink of this, all of you. This cup is the New Testament in my blood, which is poured out for you for the forgiveness of sins. Do this, as often as you drink it, in remembrance of me.' "
2. Then say, "Come, the Table is ready"
 - a. Have people gather in a group – if it is too many people, you can do smaller groups of say 10 – 12.
 - b. First, give the bread to each person saying, "This is His body given for you"
 - c. Second, give the wine to each person saying, "This is His blood, shed for you."

What to say after they receive the bread and wine:

1. After they have received the bread and wine, give them a blessing:
 - a. "Having received His body and blood, be strengthened in your faith, knowing that through Jesus your sins are forgiven."
 - b. Then make the sign of the cross, saying, "Go in peace, in the name of the Father, and the Son, and the Holy Spirit"