



What is Communion?



Why does the church have communion?



Communion is...

- ➔ A time to remember
- ➔ A time to thank the Lord for dying on the cross for our sins.

(put in place)



Communion was instituted by Jesus Christ

- ➔ Jesus Christ instituted two ordinances for His Church.
- ➔ An ordinance is a “*prescribed practice*”, something ordered by Jesus to be practiced by the church.
- ➔ Baptism & **Communion** are the two ordinances that are prescribed by Jesus to be practiced by the Church.
- ➔ **Communion** was instituted on the same night the Lord Jesus was betrayed. The very next day Jesus would go to the cross, suffer and shed His blood for all of mankind's sin.
- ➔ We can read about what Jesus did on this night in...

- ✓ Matthew 26:26-30
- ✓ Mark 14:22-26
- ✓ Luke 22:19-20
- ✓ 1st Corinthians 11:23-25



The reason we observe communion...



Is because Jesus told us to do so.

- ➔ In 1st Corinthians 11:23-25 Paul uses the verbs “received” & “passed on.”
 - i These are technical terms from Paul's Jewish heritage for the transmission of religious instruction.
 - i Paul's point is to establish that the instruction concerning **communion** came from Jesus himself: ‘I received [it] from the Lord.’”



What are the different “titles” for **communion** &...

What do they mean?



“Communion”

- Fellowship, Participation, Sharing (1st Corinthians 10:16)
- **Communion** is something that all Believers share in and participate in.

Communion
Nagmaal
The Lord's Supper The Lord's table Breaking bread



“The Lord’s Table”

- It was at a table that the Lord first instituted **communion**.
- It was at a table that the Lord first broke bread and passed the cup.
- This “title” is found in 1st Corinthians 10:21



“The Lord’s Supper”

- On the night before Jesus was crucified, He shared supper with His disciples. After this supper, Jesus instituted **communion**.
- This “title” is found in Luke 22:20 & 1st Corinthians 11:25



“The Breaking of Bread”

- This is what Jesus did when He instituted **communion** (Matthew 26:26)
- This “title” is found in Acts 2:42



What does **communion** picture?

1st Corinthians 11:23-25

²³ ...the Lord Jesus in the night in which He was betrayed took bread; ²⁴ 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.” ²⁵ In the same way He took the cup also after supper, saying, “This cup is the new covenant in My blood; do this, as often as you drink it, in remembrance of Me.” ²⁶ For as often as you eat this bread and drink the cup, you proclaim the Lord’s death until He comes.



“He... took the bread” - “This is My body”

- ➔ This bread is a picture (symbol) of His body.
- ➔ When you look at the bread you will think of His body & what He did for mankind when He died on the cross for our sins.

1st Peter 2:24

and He Himself bore our sins in His body on the cross, so that we might die to sin and live to righteousness; for by His wounds you were healed.

1st Peter 3:18

For Christ also died for sins once for all, the just for the unjust, so that He might bring us to God, having been put to death in the flesh, but made alive in the spirit;



“He took the cup” - “This cup is... My blood”

- ➔ This cup/ wine is a picture (symbol) of His blood.
- ➔ When you look at the cup/ wine you will think of His blood & how He shed His blood on the cross to pay the penalty for mankind's sins.

Matthew 26:28

for this is My blood of the covenant, which is poured out for many for forgiveness of sins.

Ephesians 1:7

In Him we have redemption through His blood, the forgiveness of our trespasses, according to the riches of His grace



When Jesus shed His blood on Calvary...

- ➔ That blood ratified (*gave formal sanction to*) the New Covenant that Jeremiah had predicted ([Jeremiah 31:31–34](#)).
- ➔ The New Covenant replaced the old Mosaic Covenant ([Hebrews 8:8–13; 9:18–28](#)).
- ➔ Even though the Jews will be the major beneficiaries of the benefits of this covenant in the Millennium, all believers began to benefit from the death of Christ when He died.

When Christ established the Lord's Supper it was as though He notarized His will; it became official then. The will is the New Covenant. When He died His “estate” became available to those He chose to profit from it. Soon many people around the world, Jews and Gentiles in the church, began to benefit from the blessings of His death. However His chosen people, His son Israel, will not enter into their inheritance until the appointed time, namely the Millennium. Blessings for the church began almost immediately after Christ's death. Blessings for Israel will not begin until Christ's appointed time arrives. - *Tom Constable's Expository Notes on the Bible*



Who should take part in **communion**?



Jesus did not tell everyone to eat the bread & drink the cup.



This was something that He told His disciples to do.



Acts 2:41-46... It was Believers who participated in the “**breaking of bread**”



1st Corinthians 11:23-25 was written to the church...i.e. Believers.



What does it mean to eat the bread & to drink the cup unworthily?



1st Corinthians 11:27...

Therefore whoever eats the bread or drinks the cup of the Lord in an unworthy manner, shall be guilty of the body and the blood of the Lord.



“**unworthy**” refers to...



The state of mind in which one comes to the Table of the Lord.



Of course in ourselves we are altogether unworthy. (**Romans 3:23**)



But we have found acceptance in the worthy One, and in Christ every believer is worthy to approach **communion**. (**2nd Corinthians 5:21**)

For Example:

During the time that you are partaking of **communion**:



You don't think of the Savior...



But instead think of a thousand and one other things...



And continue to participating in **communion** with this mindset



You would then be taking **communion** in an unworthy manner.



Essentially **communion** then becomes a pointless, dead religious ritual.



To partake with this state of mind is to do so unworthily.



Being “**guilty of the body and the blood of the Lord**” means...



Being guilty of treating them in an unworthy manner



Of profaning the “**body and the blood of the Lord**”.



It does not mean that such a person is in some special sense responsible for the death of Christ.



What does it mean to “**examine**” oneself during **communion**?



1st Corinthians 11:28...

But a man must **examine** himself, and in so doing he is to eat of the bread and drink of the cup.

i “**examine**” = “*dokimazeto*” (Greek) = “test to approve”



The reason for examining oneself is:

- ➡ To determine that we are partaking in a worthy manner...
...rather than in an unworthy manner.
- ➡ Is there anything in their life that would not meet God's approval?



This would involve...

- 👍 Being appreciative of the significance of the Lord's body & blood.
- 👍 Confessing any known sin.



What could happen if I don't take **communion** seriously?

1st Corinthians 11:29-32

²⁹ For he who eats and drinks, eats and drinks judgment to himself if he does not judge the body rightly. ³⁰ For this reason many among you are weak and sick, and a number sleep. ³¹ But if we judged ourselves rightly, we would not be judged. ³² But when we are judged, we are disciplined by the Lord so that we will not be condemned along with the world.



We need to examine ourselves...

- ➡ So the Lord will not have to examine and judge us
...for failing to participate worthily.

Coming to the Lord's Supper without confessed known sin brought judgment on the guilty participants in Corinth. In **1st Corinthians 11:30-31** we see if God's people do not judge their own sins themselves, God will judge them. This judgment may involve physical illness or even, in extreme cases, premature physical death (see: **Acts 5**; **1 John 5:16**).



What is a good way to approach **communion**?

#1 We should look back in history

1st Corinthians 11:23–25

²³ ... the Lord Jesus in the night in which He was betrayed took bread; ²⁴ 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." ²⁵ In the same way He took the cup also after supper, saying, "This cup is the new covenant in My blood; do this, as often as you drink it, in remembrance of Me."

2nd Corinthians 5:21

"He made Him who knew no sin to be sin on our behalf, so that we might become the righteousness of God in Him."

- ➔ The broken bread **reminds us** of Christ's body given for us (1 Peter 2:24)
- ➔ The cup **reminds us** of Christ Jesus' shed blood. (1 Peter 1:18-19 & Ephesians 1:7)

#2 We should look forward to the future

1st Corinthians 11:26

For as often as you eat this bread and drink the cup, you proclaim the Lord's death until He comes.

Titus 2:13

looking for the blessed hope and the appearing of the glory of [a]our great God and Savior, Christ Jesus,

- ➔ We observe **communion** until the Lord returns for us
- ➔ The return of Jesus Christ is the blessed hope of the Believer & church

#3 We should look within ourselves now

1st Corinthians 11:28

But a man must examine himself, and in so doing he is to eat of the bread and drink of the cup.



Paul did not say that we had to be worthy to partake of **communion**.



Paul says that we should partake in a worthy manner.



If we are to participate in a worthy manner:

- ➔ We must examine our own hearts
- ➔ See if there is any unconfessed sin in our lives.
- ➔ Confess those sins to the Lord.