

IMPORTANCE OF THE LORD'S SUPPER

- The Lord's Supper is a way by which God communicates His grace to us.
- When the bread and wine are received through faith, Christ "nourishes and feeds my soul" (Heidelberg Q. 75) because by faith we receive the "true body and blood of Christ" (Belgic Confession Article 35).
- Our Lord commanded us to do it for our own spiritual good and growth.

BLESSING OF THE LORD'S SUPPER (HEIDELBERG Q. 76)

- We Gain Assurance – Assurance of the forgiveness of sins and eternal life.
- We Grow in Holiness – We are more and more united to Christ and live and are governed forever by the Holy Spirit.

PREPARING FOR THE LORD'S SUPPER (HEIDELBERG Q. 81)

- Three things are required to prepare for the Lord's Supper
 1. We must be displeased with our sins
 2. We must believe that our sins are forgiven by Christ
 3. We must desire to turn from our sins and amend our life.

PRACTICAL WAYS TO BENEFIT FROM THE LORD'S SUPPER

- Make Time for Prayer of Confession
 - Come to God prayer during the week prior to the Lord's Supper.
 - Ask God to reveal your sin and give you a repentant heart
 - Ask God to increase your faith, and work in you by the Lord's Supper
- Meditate on God's Promises of Forgiveness in Scripture
 - Read and recall the promises of forgiveness in Christ (see 1 John 1:9)
 - Apply these promises to yourself by faith
- Mature in Your Faith
 - The Lord's Supper is not a single event, but the spiritual nourishment you need for the weeks and months ahead, until the next time you partake of the sacrament.
 - When you are weak in the faith, look back to the sacrament of the Lord's Supper and remember what God has promised to you in Christ, the forgiveness of sins, life everlasting, and power of His Spirit.