

Lord's Supper Guide

MAY 2020



PREPARE JUICE
AND BREAD

FOR AS OFTEN AS YOU EAT THIS BREAD AND DRINK THE CUP,
YOU PROCLAIM THE LORD'S DEATH UNTIL HE COMES.

1 CORINTHIANS 11:26

This May 2020, we will celebrate the Lord's Supper in our respective homes and families. Kindly prepare the elements (i.e., bread, juice) for your family.

READ: 1 Corinthians 11:23-29

Why are we celebrating the Lord's Supper?

- It is a symbolic meal that was instituted by our Lord Jesus as a vivid reminder of what He has done for us. We are to celebrate it often and remember Jesus by “proclaiming His death until He comes” (verse 26). And this is done through the Lord's Supper.
- Before Jesus broke the bread and passed the cup, the passage says that Jesus gave thanks (verse 24). Jesus gave thanks for the opportunity to serve us by giving His body and blood for our sakes!

What do the bread and the wine (in our case, the juice) symbolize?

- The bread symbolizes the body of Jesus which was broken for us (verse 24).
- The juice symbolizes the blood of Jesus which was shed for us (verse 25).
- We do not teach that the bread literally becomes the body of Christ nor do we say that the wine or juice literally turns into His blood.
- Instead we declare that these elements are just representations of our Lord – who He is and what He has done.
- To partake of these elements, therefore, is a symbolic expression of our faith in Him and His finished work.

What should be our attitude before partaking in the Lord's Supper?

- We should have a thankful and grateful attitude as we look back and look forward.
- Look back and thank our Lord Jesus for:
 - His free gift of salvation and for forgiving our sins
 - His attributes (faithful, forgiving, gracious, holy, loving, unchanging)
 - Who He is in our lives (Lord, Master, Savior)
 - Blessings like our family (spouse, children, parents, siblings), providing for our needs, etc. (i.e., count our blessings)
 - Opportunities to serve Him and His people (family, friends, church)
- Look forward and thank our Lord Jesus for the blessing of being alive today, and for the gift of relationships (biological and spiritual family, friends, Dgroups)
 - How He will answer our prayers
 - How He will walk us through this pandemic (individually, as a family, as a nation)
 - The promise that one day He will return
- Take some time to reflect.

PARTAKE OF THE BREAD AND JUICE AND CLOSE IN PRAYER

Note: You can also celebrate the Lord's Supper in your Dgroup. Inform them in advance to prepare their own elements before your meeting.