

# Reflecting upon the Lord's Supper

Watch and pray, lest you enter into temptation. The spirit indeed is willing, but the flesh is weak."  
~ Mark 14:38 ~

“The duty of Christians, after they have received the sacrament of the Lord's supper, is seriously to consider how they have behaved themselves therein, and with what success; if they find quickening and comfort, to bless God for it, beg the continuance of it, watch against relapses, fulfill their vows, and encourage themselves to a frequent attendance on that ordinance: but if they find no present benefit, more exactly to review their preparation to, and carriage at, the sacrament; in both which, if they can approve themselves to God and their own consciences, they are to wait for the fruit of it in due time: but, if they see they have failed in either, they are to be humbled, and to attend upon it afterwards with more care and diligence.”

~ WLC 175 ~

## I. The Duty and Art of Reflection

### A. In General

### B. In the Lord's Supper

## II. Reflections after Sweet Communion: seriously to consider how they have behaved themselves therein, and with what success

### A. Thanksgiving:

#### 1. Quickening

#### 2. Comfort

### B. Dependence

### C. Watchfulness

### D. Faithfulness

### E. Desire

## III. Reflections after Poor Communion

### A. Discern

#### 1. Poor/no preparation?

#### 2. Poor conduct during the sacrament?

### B. Consider

#### 1. **Yes:** *“in both which, if they can approve themselves to God and their own consciences, they are to wait for the fruit of it in due time.”*

#### 2. **No:** *“if they see they have failed in either, they are to be humbled, and to attend upon it afterwards with more care and diligence.”*

##### a. Humble yourself

##### b. Repent

##### c. Resolve to more diligence

## IV. Responsibilities after Communion

### A. Public Confession

### B. Godly Conduct

- 1. Consistency**

- 2. Disciplines**

- 3. Charity**

**C. Heavenly Orientation**

- 1. Watchfulness against Sin**

- 2. Prayer unto God**

- 3. Living in the Word**