

Partaking of the Lord's Supper

- We rightly partake of the Supper when we do so by faith.
 - “Do this in remembrance of me” (1 Cor 11:24): our taking of the LS must be in response to the word, where we remember what Christ has done for us on the cross. This is why we always do the LS *after* the sermon.
 - “Let a person examine himself” (1 Cor 11:28): in contrast to the pride of the Corinthians, some of whom ate while letting others go hungry, we must recognize why Jesus needed to die: we are all sinners.
 - We must “discern the body” (1 Cor 11:29): in context, the “body” is the physical body of Christ (1 Cor 11:27). We must recognize that this meal is holy and different from every other meal. The elements do not *become* the body and blood of Christ, but through the elements we participate in his body and blood (1 Cor 10:16).
- We should prepare seriously for this sacrament (see WLC 171).
 - Ask: should I refrain from partaking? Is there any way in which my present state denies what the sacrament represents?
 - Union with Christ:
 - Do I still believe in Christ? Do I still see myself as genuinely needing his sacrifice for my sins?
 - Am I currently under the discipline of my church?
 - Are there sins I am aware of that I have not renounced? (even though we may still struggle) Do I want to serve Christ?
 - Union with his people:
 - Do I currently hold a grudge against another Christian?
 - Am I out of fellowship with another Christian and have not sought reconciliation? (Matt 5:23–24)
 - Even if we struggle or doubt, we should still partake: like the gospel, it is not for perfect people, but for weak sinners (see WLC 172).
- We should receive the sacrament in a serious manner:
 - We should pray God would use this sacrament to unite us more deeply with him.

WLC 174 Q. What is required of them that receive the sacrament of the Lord's supper in the time of the administration of it?

A. It is required of them that receive the sacrament of the Lord's supper, that, during the time of the administration of it,
 with all holy reverence and attention they wait upon God in that ordinance,
 diligently observe the sacramental elements and actions,
 heedfully discern the Lord's body,
 and affectionately meditate on his death and sufferings,
 and thereby stir up themselves to a vigorous exercise of their graces;
 in judging themselves, and sorrowing for sin;
 in earnest hungering and thirsting after Christ, feeding on him by faith, receiving of his fulness, trusting in his merits, rejoicing in his love, giving thanks for his grace;
 in renewing of their covenant with God, and love to all the saints.

- But we should not hesitate to partake simply because we are not able to receive it perfectly! Remember, it's the gospel made food!
- In particular, we should reflect on the gospel that was just preached and receive it as true for ourselves as we see and feel and eat the king's seal.