

16. The Lord's Supper

The Lord's Supper is a participation in the emblems of the body and blood of Jesus as an expression of faith in Him, our Lord and Saviour. In this experience of communion Christ is present to meet and strengthen His people. As we partake, we joyfully proclaim the Lord's death until He comes again. Preparation for the Supper includes self-examination, repentance, and confession. The Master ordained the service of foot washing to signify renewed cleansing, to express a willingness to serve one another in Christ-like humility, and to unite our hearts in love. The Communion service is open to all believing Christians.

Jesus instituted the Communion service as a special time for remembering His death for us and for partaking of His presence in a special way.

- Jesus instituted the Communion service at the Last Supper, which He celebrated with His disciples just before His crucifixion. Matthew 26: 17-30
- The bread and the cup represent the body and blood of Jesus Christ. 1 Corinthians 10:16-17
- Partaking of Communion expresses faith in Christ as our Lord and Saviour. John 6:48-63
- Communion is a special remembrance of Christ's death for our sins and a proclamation of His soon return. 1 Corinthians 11:23-26

Before we take Communion, we should make things right with God and our brothers and sisters in Christ. The foot washing is a symbolic cleansing.

- Through self-examination, repentance, and confession we should prepare ourselves for the Lord's Supper. 1 Corinthians 11:27-30.
- The Ordinance of Humility, or foot washing, is part of the Communion service; in it we follow Christ's example of humility and service. John 13:1-17
- Seventh-day Adventists practice open communion and allow Christians of any denomination to partake of communion with them.

Personal Application

-  Why is it important for me to remember Christ's death?
-  Why are repentance and confession important before partaking of the symbols of Christ's body and blood?
-  Why is humility important in the Christian life?
-  Jesus instituted the Communion service to remind me of His great sacrifice for me. In it He provided a special time for starting over again with the past forgiven and my relationships with others healed.

Commitment

- Father, I am thankful that Jesus has provided a time for regularly recommitting myself to You and for making things right with You and others. I will make every effort to prepare for and participate in Communion whenever it is offered at my church.