

What do I do during the Lord's Supper?
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The Lord's Supper is a physical handle, that faith grabs hold of, allowing us to grasp God's promises with our bodies as well as our minds... The sacrament "incarnates" the Word, in a way analogous to how Christ was the original incarnate Word.

We take our instruction from the institution of it by our Lord and repeated by his apostle, Paul:

Remember
Receive
Renew
Relate

Receive with thanksgiving the present, continuing, faith-nurturing grace-effect of the past work of Christ. 1 Corinthians 11:24 "This is my body, which is for you."

The Lord Jesus ministers his grace to us through the elements of the bread and the cup. I am always in need of the grace, which comes through Jesus Christ alone. And I receive his grace, by faith, today through the Lord's Supper.

Remember with gratitude the fact and meaning of Christ's death for us: 1 Corinthians 11:24,25 "Do this in remembrance of me."

There is an historical remembering – a mental exercise of recalling the historical facts of God the Son's death as substitute for us.

But there is also a renewal remembering – a present-moment awareness of who we now are by God's grace, part of the new covenant relationship with God.

Renew with conviction our commitment to follow him. 1 Corinthians 11:26 "You proclaim the Lord's death until he comes."

When we take communion, we sit in the witness box and are proclaiming that Jesus is God, that Jesus died a sacrificial, substitutionary, atoning death FOR US.

By this very act we proclaim to ourselves, to each other and to all who might observe, that we trust him and yield our lives to him!

Relate with joy and love to God's people: 1 Corinthians 10:17 "Because there is one loaf, we who are many, are one body, for we all partake of one loaf."

By grace through faith, we are brought into a relationship with each other that is called the "body of Christ" – the church. Our relationship with God is lived out in part by our relationships with each other. Am I grateful for my brothers and sisters in Christ? Are things right between me and others in the church? Will I renew my commitment to serve others in Jesus' name?