

# The Lord's Table

**Anchor command.** "When He had taken some bread and given thanks, He broke it and gave it to them, saying, 'This is my body which is given for you; do this in remembrance of me.'" *Luke 22:19*

**Anchor story.** Jesus' last supper with his disciples before his death. *Matthew 26: 19- 35*

**Anchor verse.** "He who eats my flesh and drinks my blood has eternal life, and I will raise him up on the last day. For my flesh is true food, and my blood is true drink. He who eats my flesh and drinks my blood abides in me, and I in him." *John 6:54-56*

**Learning goal.** Understand the reason and purpose of the Lord's Supper.

**Growth goal.** Appreciate the spiritual benefits of taking part in the Lord's Supper

**Skill goal.** Celebrate the Lord supper in such a way that believers first confess their sins, recall the death of Christ vividly, sensing his presence.

**Outcome goal.** Believers celebrate the Lord's Supper regularly in communion with Jesus, and with one another.

## Basic Study



Lord Jesus, let my flock and me experience your forgiving grace and life-giving Spirit as we take together the cup and the bread in remembrance of you.

**Learn from the account of the Last Supper.** *Matthew 26: 19- 35*

- What Jewish annual feast or Jesus and his disciples celebrating? *Verse 19*
- With whom was Jesus eating? *20*
- What did Jesus predict that one of his 12 disciples would do to him? *20-25*
- When serving the bread, what did Jesus say it became spiritually? *26*
- When serving the wine, what did Jesus say it became spiritually? *27-28*
- What did Jesus predict that all of his disciples would do that night? *30-31*
- What did Peter say declare that he would never do, that he later did? *31-35*

**During the week** arrange to have the deacons take the Lord's Supper to the sick and weak who cannot come to the regular worship meeting.

**During worship ...**

- **Tell the story of the Last Supper** and ask the above questions. Urge the believers to discuss the answers.
- **Celebrate the Lord's Supper.** To introduce it:  
Read Genesis 4:4-4 or tell the account of Adam's son, Abel, who presented to God a blood sacrifice of an innocent animal.

Explain how Jesus is the innocent one whose sacrifice brings us to God.

Before taking the bread and cup, allow time for believers to confess their sins silently to God, or vocally to the group if they have committed public sins.

- **Ask the children** to present what they have prepared.

**Memorize together 1 John 1:7-9.**



*A multi-ethnic house church celebrates the Lord' Supper.*

### **Advanced Study**

#### **1. Background truths about the Lord's Supper**

- The Lord's Table, also called the Lord's Supper, Communion and Eucharist, has been at the centre of Christian worship for twenty centuries.
- Some churches have made a mistake by saying that the cup and bread become the real, physical body and blood of Christ.
- Other churches have made a mistake by saying that the cup and bread are only reminders and do nothing for us at all.
- Christian celebration of the Lord's Supper replaces the Old Testament Passover.

## 2. Find what the Word of God says about the Passover.

- In **Exodus 12:21-28**...  
Which people in Egypt were commanded to prepare a “Passover” sacrifice.  
What they did with the blood from the sacrifice.  
What the Lord would do for those who made the Passover sacrifice.
- In **Exodus 16:2-5**...  
What the Israelites were worried about as they followed Moses on a long trip.  
What God provided to meet the people’s need.
- In **Exodus 16:30-31**...  
What the people called the bread that God freely gave to them.
- In **Mark 8:1-9**...  
How Jesus felt about people who listened to his teaching.  
What kind of place was it where the people were listening to Jesus (See verse 4)  
What Jesus provided to meet the people’s need.
- In **John 6:25-36**...  
How Jesus is like Moses, when God gave the Israelites miraculous manna.  
How Jesus is greater than Moses.
- In **John 6:48-51**...  
What Jesus promised to give to all who trust in him.
- In **John 6:52-64**...  
What Jesus promised to give to all who “eat” and “drink” His flesh and blood.  
What more Jesus promised to give to all who “eat” and “drink” him.  
How people can “eat” and “drink” Christ. (See verses 63 & 64).
- In **Matthew 26:26-29**...  
What happened while Jesus and his followers were eating the Passover meal.  
What Jesus called the Passover bread.  
What Jesus called the Passover cup.  
What Jesus commanded his follower to do.
- In **1 Corinthians 10:16-22**...  
What happens when believers drink from the communion cup. (Verse 16)  
What happens when believers eat of the communion bread.  
What danger there is for believers who eat pagan sacrifices.
- Find in **1 Corinthians 11:25-34**...  
How taking the Lord’s Supper is like speaking an important message. (Verse 26).  
What believers should do before taking the Lord’s Supper. (Verses 27 & 28)  
What danger awaits us if we take the Lord’s Supper without showing love to other believers.

**3. Plan with co-workers additional activities for the coming week. Suggestions:**

- If any believers seem not to respect the value of the Lord's Supper, discuss with them the need to show respect for Christ's mystical body and blood when taking the Lord's Supper.
- Discuss with your co-workers ways that those who serve the Lord's Supper can give to it the same emphasis that Jesus and Paul did.
- Discuss with your co-workers ways that those who serve the Lord's Supper can help believers to sense the presence of Christ in communion.
- Plan to train all congregational leaders and family heads to serve the Lord's Supper without trying to explain it or to explain it away. Let Holy Spirit speak to believers' hearts as they take the bread and the cup).

**4. Plan with your co-workers additional, optional activities for the up-coming worship time.**

- **Ask questions** about what you have learned about...a  
The Jewish Passover, Exodus 12:21-28,  
The bread from heaven, Exodus 16:2-5 & 30-31.  
Jesus feeding the 4,000, Mark 8:1-9.  
Jesus telling people to eat His flesh, and what He promised believers, John 6:25-36 & 48-64.  
Jesus establishing the ceremony of the Lord's Supper, Matthew 26:26-29.  
What eating and drinking at the Lord's Supper really are, 1 Corinthians 10:16-20.  
Why we confess our sins before taking the Lord's Supper, 1 Corinthians 11:25-34.
- **If any believers sing well** and have a nice song about the cross of Jesus, then let them teach the song to the others and lead them in singing it. If it is dangerous to sing loudly, then sing or chant softly.

