

**FOR PREACHING A WEEKLY OBSERVANCE OF THE LORD'S SUPPER  
(1 Corinthians 11:20-29)**

**I. The Lord's Supper is regulated.**

- A. It is regulated in that it is to be done at a certain time.
  - 1. We discussed the frequency or, really, infrequency, of some in observing the Lord's Supper.
  - 2. The Bible is clear in that it teaches the first Christians always partook of the Lord's Supper on the first day of every week.
  - 3. Not only that, the evidence in scripture points to the first day of the week being the only day on which it was observed.
  - 4. It was on the first day of the week that the church of our Lord was established, being 50 days after the Passover.
  - 5. Notice what Luke wrote by inspiration (Acts 2:42 - "And they continued stedfastly in the apostles doctrine and fellowship, and in breaking of bread, and in prayers." ).
    - a. The "they" is the antecedent of the 3,000 souls that obeyed the message mentioned in verse 41.
    - b. Most commentators, even those from the denominational world, say that breaking of bread is a reference to the Lord's Supper.
  - 6. Later in Acts we read that Paul, though in a hurry to get to Jerusalem for Pentecost which was about a month away, he stayed 7 days in Troas.
    - a. If in a hurry, why would he wait so long?
    - b. Notice the passage in Acts 20:6-7 - "And we sailed away from Philippi after the day so unleavened bread, and came unto them of Troas in five days: where we abode seven days - And upon the first day of the week when the disciples came together to break bread, Paul preached unto them, ready to depart on the morrow; and continued his speech till midnight."
      - c. The wording of "the disciples came together" is in the passive voice, which scholars say signifies "to bring or call together."
      - d. In other words, there was a directive to come together and that had to come from divine authority.
      - e. The main purpose of their coming together was to break bread, or, as all commentators say, partake of the Lord's Supper.
    - 7. Paul taught the Corinthians about giving every first day of the week (1 Corinthians 16:2 - every is found in the original text).
    - 8. When you put these things together, three things are pointed out:
      - a. The early church, under the oversight of the apostles, met every first day of the week.
      - b. The primary purpose was to partake of the Lord's Supper.

- c. Therefore, the communion was observed every Lord's day by the early church.
  - 9. As we mentioned, we must have authority for all that we do in worship to God (Colossians 3:17).
  - 10. We have the authority to partake of the Lord's Supper every first day of the week and we have the example of such, thus the Lord's Supper is regulated in when it is to be observed.
- B. It is also regulated in what is to be used in its observance.
  - 1. When the Lord Himself instituted the Lord's Supper, He did so at a particular time, at the Passover.
  - 2. At that time, there was to be no leaven in the house of a Jew (Exodus 12:19 - Seven days shall there be no leaven found in your houses: for whosoever eateth that which is leavened, even that soul shall be cut off from the congregation of Israel, whether he be a stranger, or born in the land.).
  - 3. Jesus used bread and the cup, which was used in the Passover meal.
    - a. The bread had to be unleavened bread, thus that is regulated.
    - b. The cup had to be the new juice of the grape, because that is what was used in the Passover feast, thus it was regulated.
    - c. Notice that it was the new juice, not fermented juice that had become wine.
    - d. That drink had leaven in it to aid the fermentation process and leaven was not allowed in the house.
- C. It is regulated in the order of the elements to be used.
  - 1. Jesus took the bread, which represents His body, first.
  - 2. He then took the cup, which represents His blood.
  - 3. Any other order would be wrong, since we have no authority to change that which our Lord introduced.

## II. It is a time of remembrance.

- A. Jesus said, "Do this in remembrance of me."
- B. When you and I have the privilege of partaking of the Lord's Supper, it is a time to remember what Jesus went through on the cross.
  - 1. It is a time to think of His suffering for us.
  - 2. It is a time to think of His death.
- C. Paul let the Corinthians know that they were partaking of the supper in a way that did not allow them to discern the Lord's body.
  - 1. Because there were worldly thoughts and actions taking place, they were unable to make a distinction between His supper and a common supper.
  - 2. The Lord's Supper, being an act of worship, should be separate from anything we do.
- D. There is absolutely nothing common about this supper.
  - 1. The One we are to remember was and is uncommon.

2. The events that happened with the Lord's death were uncommon.
  3. It is for an uncommon people to remember and uncommon Lord.
- E. I appreciate those who mention that we need to remove worldly thoughts from our minds as we prepare to join together in partaking this supper.
1. There are things we do every day that are good and right.
  2. However, those things are not good and right in conjunction with the Lord's Supper.
- F. We get to reflect on the death our Lord died that kept us from having to be punished for our sins.

**III. It is a time of reflection on us.**

- A. Paul told the Corinthians they were to examine themselves as they ate and drank.
- B. If we are partaking of the supper in an unworthy manner, somehow making it common, we are taking damnation upon ourselves.
1. We have to make sure our minds are focused on that cross.
  2. I know this is difficult to do.
  3. I also believe the Lord knows the circumstances under which we are partaking of the feast.
    - a. By that I mean, He knows if you have an infant or a toddler crawling on you.
    - b. He also knows if you are afflicted with some pain or discomfort as you attempt to partake of the Lord's Supper.
  4. He also knows if you are simply playing with your infant or toddler and ignoring the significance of the moment.
  5. He knows if you are thinking about other things besides the cross and the One who was on it.
- C. We need to examine ourselves and see where our minds are when we partake of the Lord's Supper.
- D. Let us not be guilty of partaking in an unworthy manner, but rather, give our hearts and minds to the cross for that brief time so as not to bring damnation upon ourselves.