

The Lord's Supper

It happens every first day of every week. It is not limited to just one or two places in the world, but wherever Christians come together. The Samaritan woman by the well asked Jesus where her people should be worshipping God. She was thinking in terms of Mount Gerizim or Jerusalem. Jesus explained that in the future, the place would be where Christians came together in order to worship "in spirit and truth," in John 4.24.

As followers of Christ, we come together on the first day of the week to sing songs of praise, join together in prayer, give as we prosper, teach the word of God, and observe the Lord's Supper. Each is important, but only the Lord's Supper is limited to Sunday. At Troas the disciples were together on the first day of the week to "break bread", Acts 20.7. This term "break bread" means more than simply dividing the bread, but to eat the bread. Since the Day of Pentecost to the present time, Christians have done so in obedience to God's word.

Sometimes people question why we do this every first day of every week. They think it makes the Lord's Supper too common or ordinary. Such is sad to think that remembering the death of Jesus on the cross could ever become ordinary or common. The Lord's Supper is not a ritual, but a testimony to Jesus' death.

As we eat of the unleavened bread, we are to remember the body of Jesus as He died on the cross for our sins. "Take, eat; this is My body which is broken for you; do this in remembrance of Me" (1 Corinthians 11.24). Reading through the Gospels we see the torture of Jesus. Soldiers beat Him without mercy, put a crown of thorns on His head and then hit those thorns so they dug into His scalp, These actions are described for us to see the cruelty of the people. The body of Jesus was offered as the perfect sacrifice for our sins.

As we drink of the fruit of the vine, we drink of the blood of Christ. That blood was shed on the cross for our sins. "For this is My blood of the new covenant, which is shed for many for the remission of sins" (Matthew 26.28). It is through the blood of Christ we have redemption, Ephesians 1.7. His blood was offered to establish a new covenant, a New Law, the Law of Christ. Without the shedding of blood there is no remission, no forgiveness of sin, Hebrews 9.22.

As we eat of the unleavened bread and drink of the fruit of the vine, we think of what Jesus went through and what He did for us. We look backward to the cross, but we also look forward to His return. "For as often as you eat this bread and drink this cup, you proclaim the Lord's death till He comes" (1 Corinthians 11.26).

Let each of us make sure we never forget.