

# WHAT IS REQUIRED FOR PARTAKING THE LORD'S SUPPER

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## 1 Corinthians 11:28-30 (KJV)

<sup>28</sup> But let a man examine himself, and so let him eat of *that* bread, and drink of *that* cup.

<sup>29</sup> For he that eateth and drinketh unworthily, eateth and drinketh damnation to himself, not discerning the Lord's body.

<sup>30</sup> For this cause many *are* weak and sickly among you, and many sleep.

## 1 Corinthians 11:28-30 (The Message)

<sup>28</sup> Examine your motives, test your heart, come to this meal in holy awe.

<sup>29</sup> If you give no thought (or worse, don't care) about the broken body of the Master when you eat and drink, you're running the risk of serious consequences.

<sup>30</sup> That's why so many of you even now are listless and sick, and others have gone to an early grave.

By partaking of Communion, we declare in the most solemn manner, in the presence of God and man, that we hold the faith of Jesus; that we are His followers, who expect eternal salvation from His merits; and therefore that we engage ourselves to that obedience to His commands and that strictness and regularity of life which He requires from those who place their confidence in His mediation.

We profess, likewise, that we sincerely and humbly repent of those offenses by which we have interrupted our fellowship with Him and that, in consequence of this profession, we unite ourselves again to the community of the Church.

Nothing can be more reasonable, before this solemn profession, than that a man examine himself to see whether it be true. Does he really and unfeignedly resolve to accept the conditions of the salvation offered to him and to perform his part of the covenant which he comes to ratify? Or is he about to mock God by professing a faith which he does not hold and a purity which he does not intend to aim at?

The terms upon which we are to hope for any benefits from the merits of Christ are faith, repentance, and subsequent obedience ([James 2:14-26](#); [1 John 3:4-10](#); cf. [Exodus 19:4-6a](#)).

These are, therefore, the three chief and general points on which we must examine ourselves.

1. **Faith** - [James 2:14-26](#)
2. **Repentance** – [1 John 3:4-10](#)
3. **Subsequent Obedience** – [Exodus 19: 4-6](#)

1) We cannot receive the sacrament unless we believe in Christ, because by receiving it we declare our belief in Him, and a Lying tongue is an abomination to the Lord ([Proverbs 6:17](#)).

<sup>17</sup> **A proud look, a lying tongue, and hands that shed innocent blood,”**

2) We cannot receive it without repentance, because repentance is the means by which, after sin, we are reconciled to God

**Leviticus 26:40-42 (KJV)**

<sup>40</sup> If they shall confess their iniquity, and the iniquity of their fathers, with their trespass which they trespassed against me, and that also they have walked contrary unto me;

<sup>41</sup> And *that* I also have walked contrary unto them, and have brought them into the land of their enemies; if then their uncircumcised hearts be humbled, and they then accept of the punishment of their iniquity:

<sup>42</sup> Then will I remember my covenant with Jacob, and also my covenant with Isaac, and also my covenant with Abraham will I remember; and I will remember the land.

**2 Chronicles 7:14 (KJV)**

<sup>14</sup> If my people, which are called by my name, shall humble themselves, and pray, and seek my face, and turn from their wicked ways; then will I hear from heaven, and will forgive their sin, and will heal their land.

**1 John 1:9 (KJV)**

<sup>9</sup> If we confess our sins, he is faithful and just to forgive us *our* sins, and to cleanse us from all unrighteousness.

And we cannot, without dreadful wickedness, by partaking of the outward tokens of reconciliation, declare that we believe God at peace with our souls, when we know that, by the omission of repentance, we are yet in a state of voluntary alienation from Him ([1 John 3:21-22](#)).

**1 John 3:21-22 (KJV)**

<sup>21</sup> Beloved, if our heart condemn us not, *then* have we confidence toward God.

<sup>22</sup> And whatsoever we ask, we receive of him, because we keep his commandments, and do those things that are pleasing in his sight.

3) We cannot receive it without a sincere intention of obedience, because by declaring ourselves His followers, we enter into obligations to obey His commandments ([John 15:14](#)).

**John 15:14 (KJV)**

<sup>14</sup> Ye are my friends, if ye do whatsoever I command you.

We are, therefore, not transiently and carelessly, but frequently and seriously, to ask ourselves whether we firmly believe the promises of our Savior, whether we repent of our sins, and whether we resolve for the future to avoid all those things which God has forbidden and practice all those which He has commanded.

And when any man is convinced that he has formed real resolutions of a new life, let him pray for strength and constancy to persevere in them, and let him come joyfully to the holy table, in sure confidence of pardon, reconciliation, and life everlasting.