

True Worship: The Lord's Supper *Matthew 26:26-30*

Theme: The Lord's Supper

Aim: To discuss the actions and attitudes needed to worship God in truth and spirit in the Lord's Supper.

1. During a recent trip to Washington, D.C. we were impressed with the various memorials that can be seen throughout the city. The one that dominates the cityscape is the Washington Monument. The one that is perhaps the most emotionally moving is the Tomb of the Unknown Soldier.
2. In recent months, much discussion has gone on concerning the appropriate memorial to the victims of the attacks in New York City on 9-11.
3. A memorial serves to remind us of special people and noteworthy events.
4. What grand memorial would God chose to memorialize the atoning death of His beloved Son?

I. Jesus gave us the memorial the night He was betrayed, Matthew 26:26-30.

A. Is this a worthy memorial to the Lord of Lords and King of Kings who died for all of mankind?

1. From a worldly perspective, and when compared to the elaborate memorials we erect to our heroes, it is not.
2. Yet in another way it is more than fitting because of its profound simplicity.
3. Rather than marvel at the architecture, the building, the materials or the workmanship, there is nothing so appealing in the simple elements of the memorial we call the Lord's Supper.
4. Yet, nothing is so universal in our world as the simple elements God has here chosen.

B. But exactly what is it we are memorializing?

1. Luke adds the phrase "this do in remembrance of me..." Luke 22:19.
2. Paul emphasizes this in his instructions to the Corinthians, 1 Corinthians 11:23-26.
3. He further adds that we are to discern the Lord's body, lest we be guilty of the blood and body of the Lord, 1 Corinthians 11:27-29.
4. The Lord's Supper is a fellowship or communion with the death of Jesus on the Cross, 1 Corinthians 10:16.
5. In partaking we memorialize, we remember the body and blood of Jesus as we remember His death on the cross, 1 Corinthians 11:26.

II. Notice the elements.

A. Bread, specifically, unleavened bread.

1. How do we know that? Exodus 12:19 commands all leaven to be purged from the house during the week of the Passover Feast.
2. What does the bread call to our minds? The body of Jesus.
3. "This is my body which is given for you..." Luke 22:19, 1 Corinthians 11:24.

B. The "cup," the fruit of the vine.

1. What does this call to our mind? The blood of Jesus.
2. "This is my blood which is shed for many..." Matthew 26:28.
3. Notice two other things Jesus tied to the fruit of the vine.
 - a. It is the blood of the new covenant. Compare: Hebrews 9:11-22.
 - b. Remission of sins, Matthew 26:28.
4. What grand, profound, yet eminent and practical thoughts upon which our minds can dwell.

III. What of the spirit, the attitude, or disposition of heart and mind when we partake of this grand memorial?

A. First and foremost, our minds must focus on the death of Jesus on the cross.

1. The language of the supper demands no less.
2. "Body, blood, death..."
3. We need to be reminded of that atoning sacrifice on that cross.
4. But we also need to remember it is a fellowship, a communion with one another and the Lord, 1 Corinthians 11:18

B. Let me share some practical help just here.

1. One writer suggested remembering the word HEART.
 - a. Humility, because of our sinfulness, 2 Corinthians 5:21.
 - b. Empathy, for the suffering and shame He endured for us, Hebrews 12:2.
 - c. Awe, for the love of God demonstrated at Calvary, John 3:16, Romans 5:1-11.
 - d. Respect, for the occasion. It is a memorial.
 - e. Thankfulness, for His willingness to die for us, John 10:14-18, 15:13.
2. Here are some things that have helped me over the years.
 - a. Read a relevant portion of scripture. Isaiah 53, Psalm 51, any thing that reminds us of the cross or our need of forgiveness.
 - b. Read the words of an appropriate song.
 - c. Draw a mental picture of the scenes leading up to and including the crucifixion.
 - d. Reflect on what it all means. Ask yourself, "Why did God ask us to do this?"
 - e. Count to seven: One Lord, two thieves, three crosses, four soldiers, five wounds, the sixth hour, the seven sayings from the cross; 1) Father forgive them. 2) Woman behold your son. 3) Today you will be with me in paradise. 4) I thirst. 5) My God, my God, why have you forsaken me? 6) Father, into your hands I commit my spirit. 7) It is finished.

1. Remember it was not the nails that kept Jesus on the cross, it was our sin and His love.
2. When we partake, let us truly do so "in remembrance of Him."

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