



The Life of Jesus (98)

The Lord's Supper (2)



Matthew 26:26–28

#1 The Meaning of Communion

1. Presence of Christ

Jesus said that the bread is His body and the wine is His blood. But, it doesn't mean that the bread and wine we consume during communion change into the physical body and blood of Christ.

Rather, they serve as visible signs of the fact that **Jesus Christ is with us during the ritual** by symbolizing His body and blood.

Indeed, Jesus promised to be present whenever His people gather in His name.

“For where two or three gather in my name, **there am I with them**” (Mt 18:20)

If Jesus is present when Christians gather to worship, then we would also expect that **He will be present in a special way in the Lord's Supper** when we remember His sacrifice by eating bread and drinking wine. So, we meet Jesus as He's calling us to His table where He comes to give Himself to us.

#2 The Meaning of Communion

2. Proclaiming Our Faith in Christ

Second, by participating in the Lord's supper, we affirm our faith in Christ whose body was broken and whose blood was shed on the cross to give us life.

“Whenever you eat this bread and drink this cup, **you proclaim the Lord's death until he comes.**” (1Co 11:26)

Baptism is the public profession of our faith in the crucified and risen Savior. Likewise, as we take the bread and cup, **we proclaim our faith in Jesus Christ.**

By eating the broken bread and drinking from the cup, we proclaim to ourselves again and again that our sins contributed to Jesus' suffering and death and that **they were perfectly atoned for, cleansed, and paid for.**

We reaffirm that we're still in God's grace and the love of Christ no matter how badly we feel we've messed up our lives in our sins. That's why every Christian should join in the Lord's supper on a regular basis.

#3 The Meaning of Communion

3. Unification with Jesus

Third, we're united with Jesus through the Lord's supper.

“For my flesh is real food and my blood is real drink. **Whoever eats my flesh and drinks my blood remains in me, and I in them.** Just as the living Father sent me and I live because of the Father, so the one who feeds on me will live because of me.” (Jn 6:55-57)

What we experience through the Lord's supper is **our spiritual union with Christ.** Even though we believe this and proclaim it in our faith, it's still beyond our knowledge and comprehension since the union is invisible and spiritual.

And, because our spiritual union with Christ is difficult to understand, Jesus allowed us to experience it through visible elements that we can see in our daily lives. **Jesus wants us to be reminded of our union with Him, which is invisible, through visible symbols that we can easily see in our everyday lives.**

#4 The Meaning of Communion

4. Unification with Other Christians

Through the Lord's supper because through communion, we are united with not only Christ, but with other Christians who are eating and drinking together.

“Is not the cup of thanksgiving for which we give thanks a participation in the blood of Christ? And is not the bread that we break a participation in the body of Christ? Because there is one loaf, we, who are many, are one body, for we all share the one loaf” (1 Co 10:16-17)

Just as Jesus Christ took one bread and gave pieces of it to His disciples, and took one cup and gave it to them to drink, by participating in the Lord's supper, we become one body of Christ.

As Jesus and his 12 disciples shared one bread, we also share one bread, which is the body of Jesus Christ. It means that we're one in Christ even though we are many and different from each other.

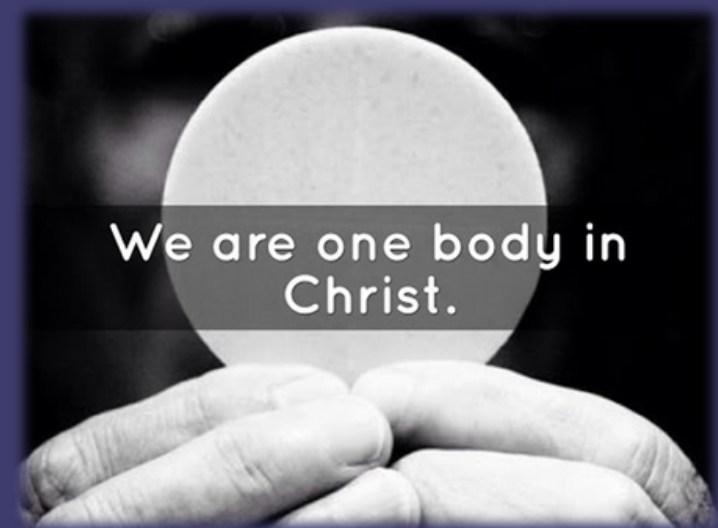
#5 The Meaning of Communion

4. Unification with Other Christians

“So in Christ we, though many, form one body, and each member belongs to all the others” (Rm 12:5)

“Consequently, you are no longer foreigners and strangers, but fellow citizens with God’s people and also members of his household, built on the foundation of the apostles and prophets, with Christ Jesus himself as the chief cornerstone. In him the whole building is joined together and rises to become a holy temple in the Lord. And in him you too are being built together to become a dwelling in which God lives by his Spirit.” (Eph 2:19–22)

Because we believe in Jesus Christ who is our Savior and Lord, we’re united in Him, form one body, and are built together with Jesus Christ as our cornerstone.



#6 The Meaning of Communion

4. Unification with Other Christians

We're one body in Christ, who is the head of the church.

“And God placed all things under his feet and **appointed him to be head over everything for the church**, which is his body, the fullness of him who fills everything in every way”
(Eph 1:22-23)

It shows us the purpose of Jesus making us His one body with Him as the head.

Jesus is filling everything with His fullness. Jesus wants His good news to reach every corner of this world. He wants the whole world to be filled with the knowledge of Him.

But, He doesn't do it alone. He does His work through His people. That's the purpose of Jesus building the church as His body. He **expects all Christians and churches to be united in His name, the one head of all the churches**, so that we can carry out His mission to fill the earth with His fullness by proclaiming the gospel and reflecting His character of love and holiness through our lives.

#7 The Meaning of Communion

4. Unification with Other Christians

If we really believe in Jesus Christ and know the purpose of Him making us His one body, we should go out into the world as His body.

We should go out into the world as His arms reaching out to people who live in darkness, as His hands healing the sick, as His words proclaiming the gospel, and as His feet going to the ends of the earth. **This is the calling we're reminded of by sharing the body and blood of Christ in the Lord's supper.**



Memory Verses

“For where two or three gather in my name, there am I with them” (Mt 18:20) (1)

“Whenever you eat this bread and drink this cup, you proclaim the Lord’s death until he comes.” (1Co 11:26) (1)

“Whoever eats my flesh and drinks my blood remains in me, and I in them. Just as the living Father sent me and I live because of the Father, so the one who feeds on me will live because of me.” (Jn 6:55–57) (2)

“Is not the cup of thanksgiving for which we give thanks a participation in the blood of Christ? And is not the bread that we break a participation in the body of Christ? Because there is one loaf, we, who are many, are one body, for we all share the one loaf” (1 Co 10:16–17) (3)

“God placed all things under his feet and appointed him to be head over everything for the church, which is his body, the fullness of him who fills everything in every way” (Eph 1:22–23) (2)

Reflection Questions

- 1) What are some meanings of partaking in the Lord's supper? Which one spoke to you the most and why?
- 2) The Bible says that the church is the body of Christ, who fills the world with His fullness. If we're His body, we should go into the world as His words, arms, hands, and more. What are some practical things you can do to live out this calling from God?