

## THE LORD'S SUPPER

The Lord's Supper is the ritualistic practice, usually during a worship service, in which Christians partake of bread and wine (or grape juice) with the purpose of remembering Christ, receiving strength from him and rededicating themselves to his cause.

This is an ordinance instituted by Christ to be observed until he returns.

The terms Communion and The Lord's Table are also terms used in scripture and can be used interchangeably to refer to the Lord's Supper.

The institution of the Lord's Supper took place the night before Jesus died at a meal commonly known as "The Last Supper."

The Bible does not indicate how often one should partake in communion but says simply ("*this cup is the new testament in my blood: this do ye, as oft as ye drink it, in remembrance of me.*" (I Cor. 11:25))

Not only is this a time for remembering the sufferings and agonies of all that Christ went through, but to also reflect upon all that he has done for us.

Through communion, we receive strength from Christ through the empowerment of the Holy Spirit.

It is also a time of renewing our dedication to Christ in hopeful anticipation of his coming.

Through The Lord's Supper helps Christians to understand who Jesus is and what he did in his earthly ministry. When we understand the meaning and importance of the Lord's Supper in the life of the church will help us to understand Jesus' life and ministry.

The Apostle Paul rebuked the Corinthians in I. Cor. 11: 17-34 about their greed and pride and also instructed them that they should partake in a worthy manner. Many of them that were partaking unworthily were weak and sick and many even died as a result of God's judgment. (I. Cor. 11: 27-34)

The Lord's Supper is very sacred and one must discern the Lord's body. Also, we must NEVER forget all that Jesus did for us and just how much he loves us as we reflect on his sufferings and passions.