

## THE BREAD AND THE WINE

**Main Idea:** As we participate in the visible sign of the Supper, we see with spiritual eyes the promise and seal assuring us that his obedience, suffering, and victory are surely ours, and God's pledge to spiritually nourish and keep his own till he comes.

### I. PROMISE

Mtt 26:26 – 28 <sup>26</sup> Now as they were eating, Jesus took bread, and after blessing it broke it and gave it to the disciples, and said, "Take, eat; this is my body." <sup>27</sup> And he took a cup, and when he had given thanks he gave it to them, saying, "Drink of it, all of you, <sup>28</sup> for this is my blood of the (new) covenant, which is poured out for many for the forgiveness of sins."

Q. 82      **Are then the bread and wine made the very body and blood of Christ?**

A.          No. As the water of baptism is not turned into the blood of Christ, but is only a sign and pledge of those things that are sealed to us in baptism, so neither is the bread of the Lord's Supper the very body of Christ, although according to the manner of sacraments and that form of speaking of them which is usual to the Holy Spirit, the bread is called the body of Christ.

"This cup is the New testament" meaning the reconciliation of the human race with God

The nature of the sacraments physical, whilst the things signified are understood spiritual  
(Augustine) "Visible promises" "Visible words"

A sign, a symbol, "That it may effectually show to our external senses what the word promises"

### II. PLEDGE

Q. 83      **Why then does Christ call bread His body and cup His blood, or the New Testament in His blood, and St. Paul calls bread and wine the communion of the body and blood of Christ?**

A.          Christ not without great consideration speaks in this manner, not only to teach us that as the bread and wine sustain the life of the body, so also His crucified body and shed blood are indeed the meat and drink of our souls, whereby they are nourished to eternal

life. But more than that, by this visible sign and pledge, He may assure us that we are as surely partakers of his body and blood, through the working of the Holy Spirit as we do perceive by the mouth of our body these holy signs in remembrance of Him, and further also, that His sufferings and obedience is so certainly ours, as though we ourselves had suffered punishments for our sins, and had satisfied God.

- As the body may be sustained by bread and wine for a lifetime, so the body and blood of Christ will sustain the believer for the entirety of this present life.

Calvin “He provides the food by which he may sustain and preserve us in the life to which he has begotten us by his word. Christ is the only food for our soul. Therefore, he invites us to him that we may be refreshed by communing with him and be ever invigorated until we reach heavenly immortality.”

### **III. SIGNS**

Noah, Abraham, Passover

Every time we take the bread and the cup we have a tangible sign, given for our weaknesses, that the Lord will sustain us through this life to the banks of the Jordan and beyond.

### **IV. UNION**

The word of Promise is preached, The Sacrament/Sign is offered

This proclamation strengthens our hope and together we pledge our allegiance to Christ

Our hearts together are lifted with gratitude, we are kindled to respond.

Questions:

1. Why do we partake only as a church?
2. Why do we fence the table?