

I Corinthians 11:28,29

EXAMINE AND SO EAT AND DRINK

- I. The end.
 - A. The goal of self-examination is the ability to partake properly.
 1. It is not: “examine yourself to see if you can or may partake.”
 2. But, examine yourself and SO eat and drink.”
 - B. Remember that the Supper of the Lord is not something we may ignore as if it is a matter of choice whether to partake or not.
 1. We must because it is a means Christ uses to nourish our souls unto eternal life.
 2. We must partake because it is our calling to confess Christ, i.e. “shew” His death until He comes again (26).
 - C. While this is true, the Supper is not for everyone: not for the unbelieving, ungodly, hypocrites nor the insincere (Heidelberg, 81)
 - D. Nevertheless, it must be the standard in the church that the Supper be administered/celebrated.
- II. What is the necessity of examining ourselves?
 - A. First, so we eat and drink worthily. This is done when we “judge ourselves” (31), i.e., literally to discern ourselves spiritually (q. 81 of Heidelberg), even as we discern the cross of Jesus in the bread and wine.
 - B. Second, so we do not eat and drink “unworthily.”
 1. Unworthy partaking is to partake in an unworthy manner.
 2. Unworthy partaking brings divine “damnation” (judgment) on ourselves.
- III. The only possibility of self-examination and discerning is the presence of our new man in Christ.
 - A. The new man in Christ exercises faith to stand before the bar of God’s judgment as revealed in Scripture.
 - B. This new man in Christ also asks God to search him and know him and reveal His findings to us (Ps. 139:23,24).
 - C. So let us eat and drink, for then we shall be blessed.