

***Reminded and Assured***

**Matthew 26:17-30; 1 Corinthians 10:14-21**

**Heidelberg Catechism, Lord's Days 28-29**

**November 10, 2013**

Main Point:

Partake of the Lord's Supper with a believing heart and be nourished by your Savior.

1. The Lord's Supper is a much-needed reminder.
2. The Lord's Supper is also a much-needed source of assurance.
3. Partake of the Lord's Supper with a believing heart and be nourished by your Savior.

## Quotations and Cross-References

**Heidelberg Catechism 75** Q: How does the Lord's Supper remind you and assure you that you share in Christ's one sacrifice on the cross and in all His gifts? A: In this way: Christ has commanded me and all believers to eat this broken bread and to drink this cup. With this command He gave this promise: First, as surely as I see with my eyes the bread of the Lord broken for me and the cup given to me, so surely His body was offered and broken for me and His blood poured out for me on the cross. Second, as surely as I receive from the hand of the one who serves, and taste with my mouth the bread and cup of the Lord, given me as sure signs of Christ's body and blood, so surely He nourishes and refreshes my soul for eternal life with His crucified body and poured-out blood.

**Heidelberg Catechism 76** Q: What does it mean to eat the crucified body of Christ and to drink His poured-out blood? A: It means to accept with a believing heart the entire suffering and death of Christ and by believing to receive forgiveness of sins and eternal life. But it means more. Through the Holy Spirit, who lives both in Christ and in us, we are united more and more to Christ's blessed body. And so, although He is in heaven and we are on earth, we are flesh of His flesh and bone of His bone. And we forever live on and are governed by one Spirit, as members of our body are by one soul.

**Heidelberg Catechism 77** Q: Where does Christ promise to nourish and refresh believers with His body and blood as surely as they eat this broken bread and drink this cup? A: [The Catechism quotes from 1 Corinthians 11:23-26 and 1 Corinthians 10:16-17.]

**Heidelberg Catechism 78** Q: Are the bread and wine changed into the real body and blood of Christ? A: No. Just as the water of baptism is not changed into Christ's blood and does not itself wash away sins but is simply God's sign and assurance, so too the bread of the Lord's Supper is not changed into the actual body of Christ even though it is called the body of Christ in keeping with the nature and language of sacraments.

**Heidelberg Catechism 79** Q: Why then does Christ call the bread His body and the cup His blood, or the new covenant in His blood? (Paul uses the words, a participation in Christ's body and blood.) A: Christ has good reason for these words. He wants to teach us that as bread and

wine nourish our temporal life, so too His crucified body and poured-out blood truly nourish our souls for eternal life. But more important, He wants to assure us, by this visible sign and pledge, that we, through the Holy Spirit's work, share in His true body and blood as surely as our mouths receive these holy signs in His remembrance, and that all of His suffering and obedience are as definitely ours as if we personally had suffered and paid for our sins.

**Kevin DeYoung** "Just as 'I am the good Shepherd' did not mean Jesus tended little animals that go baa-baa, and 'I am the gate' did not mean Jesus swung on hinges, and 'Whoever believes in me ... out of his heart will flow rivers of living water' did not mean that the disciples would rupture a valve with H<sub>2</sub>O, so 'This is my body' did not mean 'This loaf is my actual flesh and bone'..."

**Kevin DeYoung** "What good news God proclaims to us at the Table – what a visible sign of God's grace we enjoy! As surely as I know, without any doubt or hesitation, that I am holding bread and sipping juice, so surely can I know, with complete confidence, God loves me in Christ."

**1 Corinthians 11:23-26** <sup>23</sup> For I received from the Lord that which I also delivered to you: that the Lord Jesus on the *same* night in which He was betrayed took bread; <sup>24</sup> and when He had given thanks, He broke *it* and said, "Take, eat; this is My body which is broken for you; do this in remembrance of Me." <sup>25</sup> In the same manner *He* also *took* the cup after supper, saying, "This cup is the new covenant in My blood. This do, as often as you drink *it*, in remembrance of Me." (NKJV)

**1 Corinthians 10:16** <sup>16</sup> The cup of blessing which we bless, is it not the communion of the blood of Christ? The bread which we break, is it not the communion of the body of Christ? (NKJV)

**1 Corinthians 11:29a** <sup>29</sup> For he who eats and drinks in an unworthy manner eats and drinks judgment to himself ... (NKJV)

**Matthew Poole** "When he saith, *Take, eat*, he means no more than that true believers should by the hand of their body take the bread, and with their bodily mouths eat it, and at the same time, by the hand and mouth of faith, receive and apply all the benefits of his blessed death and passion to their souls."