

Participating in the Lord's Supper

“For as often as you eat this bread and drink this cup, you proclaim the Lord's death till He comes.”
~ 1 Corinthians 11:26 ~

“It is required of them that receive the sacrament of the Lord's supper, that, during the time of the administration of it, with all holy reverence and attention they wait upon God in that ordinance, diligently observe the sacramental elements and actions, heedfully discern the Lord's body, and affectionately meditate on his death and sufferings, and thereby stir up themselves to a vigorous exercise of their graces; in judging themselves, and sorrowing for sin; in earnest hungering and thirsting after Christ, feeding on him by faith, receiving of his fullness, trusting in his merits, rejoicing in his love, giving thanks for his grace; in renewing of their covenant with God, and love to all the saints.”

~ WLC 174 ~

I. Expectation: How to Engage the Whole Person in the Lord's Supper

A. Disposition of the Soul

1. Holy Reverence

2. Holy Attention

3. Holy Anticipation: Waiting upon God
 - a. Trust/Rest

 - b. Watch

B. Focus of the Eyes

1. Observing the Sacramental Elements

2. Observing the Sacramental Actions

“When you are at the Lord's Table, watching what the Minister does outwardly, in breaking and distributing the bread, in pouring out and distributing the wine, think of this: Christ is as busy doing all these things spiritually to your soul. He is as busy giving you His own body, with His own hand; He is as busy giving to you His own Blood, which its power and efficacy.”

- Robert Bruce, *The Mystery of the Lord's Supper*, 79

C. Meditation of the Heart

1. Discerning the Lord's Body

2. Remembering the Lord's Suffering and Death

D. Stirring Up of the Life

II. Examination: How to Think of Yourself in the Lord's Supper

A. Rightly

1. Unworthiness

2. Neediness

3. Sin

B. Proportionately

III. Communion: How to Lay Hold of Jesus in the Lord's Supper

A. Commune Deliberately

B. Commune Humbly

C. Commune Cheerfully

D. Commune Sincerely

“The whole concern of Christians should be, when they see the Sacraments and hear the Word, to find and feel in their hearts and minds, that which they hear and see. This is what I call finding Christ alive in your own soul; this cannot happen unless you sanctify His lodging, for if all the recesses of your soul, remain a dunghill, Christ cannot dwell there. Therefore, unless you strive for continual sanctification, and sever yourselves from everything that severs you from Christ, it is not possible for Him to live or dwell in you.” [Robert Bruce, *The Mystery of the Lord's Supper*, 65]