

Mark 14:10-31; Lord's Day 28
NOURISHED IN OUR LORD'S SUPPER

- I. Our faith is strengthened in Christ's Supper when we obey Christ's command.
 - A. The Supper is by the command of our Lord; it is not first a matter of our pleasure or arbitrariness (Mark 14:22-24).
 - B. Our Lord and King lays His demand on us to administer it and to participate in it.
 - 1. It is Christ's command (to partake and to do it in remembrance of Him).
 - 2. His command calls us to exercise faith in remembering and in discerning (I Cor. 11:24,29).
- II. The Lord's Supper nourishes us when we are instructed by the rich symbolism.
 - A. The symbolism itself.
 - 1. The simple and plain bread and wine.
 - 2. The Table conveys the idea of a meal.
 - 3. The elements are broken and poured.
 - 4. Christ's appointed representative speaks His words of institution.
 - 5. The elements are taken to be eaten and drunk.
 - B. The Supper also instructs us concerning assurance.
- III. We believably embrace Christ and His finished work.
 - A. This begins with the confession of our sinfulness.
 - B. Also we confess that we belong to Christ and He to me.
 - C. Additionally, the believer grows more and more united to Christ, and lives as such.
 - D. Faith (even weak faith) gives us the right to partake, by which faith is strengthened.
- IV. Spiritual growth results.
 - A. A fruit is that we are governed by the Spirit as the body is governed by our souls.
 - B. And we are more and more united to Christ's body, the church.