

The Lord's Supper: A Comprehensive Biblical Lesson

Bottom Line Sentence

The Lord's Supper is the divinely instituted memorial of Christ's sacrificial death ... replacing the Passover, centered on His body and blood, observed every first day of the week, requiring reverent self-examination, and proclaiming His death until He returns.

Snapshot of the Entire Outline

1. The Divine Institution of the Lord's Supper
2. The Prophetic Foundation (Passover Fulfilled in Christ)
3. The Meaning of the Emblems (Body and Blood)
4. The Spiritual Realities Within the Supper
5. The Purpose of the Lord's Supper (Why We Partake)
6. The Frequency: Every First Day of the Week
7. The Participants: Who Should Partake
8. The Manner: How It Must Be Taken
9. The Warning: The Danger of Taking It Unworthily
10. Why the Old Passover Has Ceased
11. The Supper and the New Covenant
12. The Forward Look: Until He Comes
13. Final Call: Examine, Remember, Proclaim

Opening Scripture (Foundation Text)

1 Corinthians 11:23–26

This passage is not opinion—it is received from the Lord. This is divine instruction, not human tradition.

1. The Divine Institution of the Lord's Supper

Jesus did not suggest this—He instituted it.

- Matthew 26:26–28
- Luke 22:19–20

Key Insight:

This took place “the same night in which He was betrayed” (1 Corinthians 11:23)

That timing matters.

- Not after the resurrection
- Not during His ministry
- But at the threshold of the cross

Why?

Because the Supper is inseparably tied to His sacrifice.

Summary:

The Lord’s Supper is not man-made—it is Christ-authored, cross-centered, and command-bound.

2. The Prophetic Foundation: Passover Fulfilled in Christ

The Lord’s Supper cannot be understood without the Passover.

- Exodus 12:5–14 – The lamb without blemish
- Exodus 12:13 – The blood that saves from death

Fulfillment in Christ:

- John 1:29 – “Behold the Lamb of God”
- 1 Corinthians 5:7 – “Christ our Passover is sacrificed for us”

Jesus explicitly connects the two:

- Luke 22:15 – “With desire I have desired to eat this passover...”

Then He transitions it into something new.

Critical Truth:

The Passover was a shadow.

Christ is the substance.

- Colossians 2:16–17

Summary:

The Lord's Supper is not separate from Passover—it is its divine fulfillment and replacement.

3. The Meaning of the Emblems

The Bread – His Body

- Luke 22:19 – “This is my body given for you”
- Isaiah 53:5 – “He was wounded for our transgressions”
- 1 Peter 2:24 – “Bare our sins in His own body”

What this means:

- The scourging
- The nails
- The suffering

This is not symbolic of something light—it is the cost of sin.

The Cup – His Blood

- Matthew 26:28 – “Shed for many for the remission of sins”
- Hebrews 9:22 – “Without shedding of blood is no remission”
- 1 John 1:7 – “The blood of Jesus cleanseth us”

This represents:

- Atonement
- Forgiveness
- Covenant sealing

Summary:

The bread and cup are not casual elements—they represent the body broken and the blood poured out for your soul.

4. The Spiritual Realities Within the Supper

- 1 Corinthians 10:16

This is communion (fellowship).

Three Dimensions:

1. Communion with Christ
 2. Communion with His sacrifice
 3. Communion with His body (the church)
- 1 Corinthians 10:17 – “We being many are one bread”

Summary:

This is not just remembrance—it is participation in a shared spiritual reality.

5. The Purpose of the Lord’s Supper

1. Remembrance

- Luke 22:19

Not casual recall—intentional, focused remembrance.

2. Proclamation

- 1 Corinthians 11:26

Every observance is a sermon:

“Christ died for sins.”

3. Spiritual Reflection

- 1 Corinthians 11:28

This is a mirror for the soul.

4. Covenant Renewal (Implied)

- Luke 22:20

Each time we partake, we acknowledge:

“I belong to this covenant.”

Summary:

The Supper engages the mind, heart, and soul.

6. The Frequency: Every First Day of the Week

- Acts 20:7 – The disciples came together to break bread (this includes the fruit of the vine)

Important Observations:

- This was intentional
- This was regular
- This was the purpose of assembly

Supporting Pattern:

- 1 Corinthians 16:1–2 – Weekly pattern established

Logical Conclusion:

Every week has a first day.

Therefore, the command applies weekly.

Summary:

The Lord’s Supper is not occasional—it is a weekly divine appointment.

7. The Participants: Who Should Partake

The command:

- 1 Corinthians 11:28 – “Let a man examine himself, and so let him eat”

This implies:

- Personal responsibility
- Spiritual awareness
- Covenant relationship

Biblical Principle:

- Acts 2:41–42 – Those baptized continued... in breaking of bread

Conclusion:

This is for Christians—those in covenant with Christ.

8. The Manner: How It Must Be Taken

1. With Reverence

- Hebrews 12:28

2. With Understanding

- 1 Corinthians 11:29 – “Discerning the Lord’s body”

3. With Sincerity

- 1 Corinthians 5:8

4. Without Distraction or Division

- 1 Corinthians 11:18–22

Summary:

The Supper must be taken with focused, spiritual intentionality.

9. The Warning: Taking It Unworthily

- 1 Corinthians 11:27–30

Strong Language:

- “Guilty of the body and blood of the Lord”
- “Eateth and drinketh damnation”
- “Many are weak and sickly... many sleep”

What does “unworthily” mean?

Not imperfect people—but careless, irreverent participation.

Summary:

This is one of the most serious warnings in the New Testament.

10. Why the Old Passover Has Ceased

Christ Fulfilled It:

- 1 Corinthians 5:7

The Old Covenant is Obsolete:

- Hebrews 8:13

Animal Sacrifices Were Insufficient:

- Hebrews 10:4

Christ Offered One Perfect Sacrifice:

- Hebrews 10:10–12

Summary:

We do not go backward to shadows when we have the substance in Christ.

11. The Supper and the New Covenant

- Luke 22:20 – “New testament in my blood”

Covenant Elements:

- Law
- People
- Sacrifice
- Mediator
- Hebrews 9:15

Summary:

The Lord’s Supper is a covenant meal, grounded in the blood of Christ.

12. The Forward Look: Until He Comes

- 1 Corinthians 11:26

This Supper looks:

- Backward → to the cross
- Inward → to our hearts
- Forward → to His return

Connection:

- Matthew 26:29 – Future fellowship in the kingdom

Summary:

Every Lord’s Supper whispers:

“He is coming again.”

13. Final Call: Examine, Remember, Proclaim

- 1 Corinthians 11:28
- 1 Corinthians 5:8

Questions for Reflection:

- Am I truly remembering Christ—or just participating?
 - Do I discern the body and blood?
 - Is my life aligned with His sacrifice?
 - Am I proclaiming His death with sincerity?
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Closing Exhortation

Examine your heart.

Remember His sacrifice.

Proclaim His death.

Partake with reverence.

Do this every first day of the week—

until He comes.

Final Summary

The Lord's Supper is not ritual—it is remembrance, proclamation, communion, examination, and covenant renewal, rooted in the sacrifice of Christ, commanded by Him, practiced by the early church, and binding on Christians today.