

Eating the Bread and Drinking the Cup (Lord's Supper – Part 2) by T. Aicken

God's Word warns us in regard to the Lord's Supper, 1 Corinthians 11: 27-29, "Therefore whoever eats this bread and drinks this cup of the Lord in an unworthy manner will be guilty of the body and blood of the Lord. But let a man examine himself, and so let him eat of the bread and drink of the cup. For he who eats and drinks in an unworthy manner eats and drinks judgment to himself, not discerning the Lord's body."

These words have frightened many people, but no true Christian has any cause to fear the Lord's Table. The Supper is not for those who are perfect, but for those who are weak in faith, for those who are conscious of their sinfulness and want to reach out and make greater progress in grace.

What, then, does it mean to eat and drink in 'an unworthy manner'? The apostle is writing here about one's attitude. We are to come to the table with a broken spirit and contrite heart, seeking not the world but the kingdom of God and His righteousness. This is what reckons us to be worthy partakers of this heavenly food and drink.

Beloved, with what attitude do you approach the Lord's Table today? When you come to it loving Christ and seeking to please Him, God delights to receive you. So, when Paul wrote that a man should examine himself before he eats of the bread and drinks of the cup, he was not trying to discourage believers from coming to the Table, but that they may put away their sins, rather, and so come to the Table and receive its blessing!

Like us, the disciples were not perfect. Instead of leaving them, however, or driving them out of the upper room where He had the Last Supper with them, in the same way that He drove out the money-changers from the temple, the Lord Jesus gives them the bread and the wine which represented the sacrifice that He was about to make for them at Calvary.

Here we are two millennia later. We come to the Table, too, but we realize that we are no better than those disciples. We are not here, believer, because we are worthy, but because Christ is worthy, and because we are accepted by the Father in Christ and for His sake! Christ Jesus knows every sin that we have ever committed, and will yet commit, yet He invites us to partake of the bread and the wine, to feast our souls on Him, and so refresh ourselves along the way everlasting.

The warning of 1 Cor. 11 is meant to keep unbelievers from the Table, yes, and to pry even believers from their sin that they may cling to Christ and serve Him alone. Are you weak, believer, but you long as one who has made public profession of your faith to grow in faith from strength to strength? Then come, the Supper is for you! Come for your spiritual nourishment and growth in Christ! Come for a bond and pledge of your union with Him, and of our communion with each other as members together of the Church, the body of Christ!