

WHY WE HAVE REGULAR HOLY COMMUNION

1 Corinthians 1:23-34

“²³For I received from the Lord what I also passed on to you: The Lord Jesus, on the night he was betrayed, took bread, ²⁴and when he had given thanks, he broke it and said, “This is my body, which is for you; do this in remembrance of me.” ²⁵In the same way, after supper he took the cup, saying, “This cup is the new covenant in my blood; do this, whenever you drink it, in remembrance of me.” ²⁶For whenever you eat this bread and drink this cup, you proclaim the Lord’s death until he comes.

²⁷So then, whoever eats the bread or drinks the cup of the Lord in an unworthy manner will be guilty of sinning against the body and blood of the Lord. ²⁸Everyone ought to examine themselves before they eat of the bread and drink from the cup. ²⁹For those who eat and drink without discerning the body of Christ eat and drink judgment on themselves. ³⁰That is why many among you are weak and sick, and a number of you have fallen asleep. ³¹But if we were more discerning with regard to ourselves, we would not come under such judgment. ³²Nevertheless, when we are judged in this way by the Lord, we are being disciplined so that we will not be finally condemned with the world.

³³So then, my brothers and sisters, when you gather to eat, you should all eat together.

³⁴Anyone who is hungry should eat something at home, so that when you meet together it may not result in judgment. And when I come I will give further directions.”

(1 Corinthians 11:23-34)

INTRODUCTION:

The Passover (Exodus 12:1-28) provides the context for Jesus’ institution of the Lord’s Supper, or Holy Communion.

- Read Exodus 12:21-27, what does the Passover observance commemorate?
- Why does Jesus use the Passover as the basis for His institution of the Lord’s Supper (Matthew 26:26-30)?

DISCUSS:

- 1. What were some of the abuses of the practice of the Lord’s Supper within the Corinthian church that Paul was trying to address? (Refer also to 1 Corinthians 11:17-22 for context)**

2. **Jesus tells us to celebrate the Lord’s Supper “in remembrance of” Him. What about Jesus’ life and ministry do we “remember” in the Lord’s Supper?**

3. **Our Anglican Holy Communion liturgy invites us to “receive” the body and blood of Christ, and to “feed on Him in your hearts by faith with thanksgiving.” What evidence is there in the passage to support the Church’s teaching that the observance of the Lord’s Supper is more than just mere remembrance of what Jesus has done?**

4. **How can regular participation of the Lord’s Supper build our hope in Christ? (1 Corinthians 11:26)**

PRAY:

5. **How can we prepare ourselves to encounter the Lord in a meaningful way as we receive the bread and wine? (1 Corinthians 11:27-28) Share and pray that each one of you might:**
- **Recognise areas in your lives where you need the Lord’s help.**
 - **Appreciate how Holy Communion unites the community of the church as one Body in Christ.**