

## **The Sacrament of the Lord's Supper**

The sacraments are considered by many Christians to be mysterious, and they are! They are not, however, such great mysteries that we must simply perform them by rote without any understanding of what they are.

1. What is a Sacrament?
  - a. An ordinance of Christ...
  - b. That signifies, seals, and exhibits...
  - c. The benefits that are ours in Christ
2. The Old and New Sacraments
  - a. Circumcision and Baptism
  - b. Passover and the Lord's Supper
3. What does the Lord's Supper "Signify, Seal, and Exhibit?"
  - a. The Substitutionary death of Christ
  - b. Our nourishment and growth in grace
  - c. Our union with Christ, 1 Cor. 10:16
  - d. Our unity with one another, 1 Cor. 10:17
4. How should we Participate in the Lord's Supper?
  - a. With preparation
  - b. With reflection

Application:

1. Are you sustained in your Christian life by Christ himself? Do you always feel that way?
2. Do you recognize the body of Christ?