

## Lord's Day 28

*Suggested Devotional Readings Prior to Class*

*Matthew 14:22-24, I Corinthians 10:16-17, I Corinthians 11:23-25,  
Hebrews 10:10-12*

### **QUESTION 75.**

**How does the Lord's Supper signify and seal to you that you share in Christ's one sacrifice on the cross and in all His gifts?**

ANSWER. In this way: Christ has commanded me and all believers to eat of this broken bread and drink of this cup in remembrance of Him. With this command He gave these promises:<sup>1</sup> First, as surely as I see with my eyes the bread of the Lord broken for me and the cup given to me, so surely was His body offered for me and His blood poured out for me on the cross. Second, as surely as I receive from the hand of the minister and taste with my mouth the bread and the cup of the Lord as sure signs of Christ's body and blood, so surely does He Himself nourish and refresh my soul to everlasting life with His crucified body and shed blood.

### **QUESTION 76.**

**What does it mean to eat the crucified body of Christ and to drink His shed blood?**

ANSWER. First, to accept with a believing heart all the suffering and the death of Christ, and so receive forgiveness of sins and life eternal.<sup>1</sup> Second, to be united more and more to His sacred body through the Holy Spirit, who lives both in Christ and in us.<sup>2</sup> Therefore, although Christ is in heaven<sup>3</sup> and we are on earth, yet we are flesh of His flesh and bone of His bones,<sup>4</sup> and we forever live and are governed by one Spirit, as the members of our body are by one soul.<sup>5</sup>

### **QUESTION 77.**

**Where has Christ promised that He will nourish and refresh believers with His body and blood as surely as they eat of this broken bread and drink of this cup?**

ANSWER. In the institution of the Lord's supper: The Lord Jesus on the night when He was betrayed took bread, and when He had given thanks, He broke it and said, "This is my body which is for you. Do this in remembrance of me." In the same way also the cup, after supper, saying,

"Do this, as often as you drink it, in remembrance of me." For as often as you eat this bread and drink the cup, you proclaim the Lord's death until He comes (I Corinthians 11:23-26). This promise is repeated by Paul where he says: The cup of blessing which we bless, is it not a participation in the blood of Christ? The bread which we break, is it not a participation in the body of Christ? Because there is one bread, we who are many are one body, for we all partake of the one bread (I Corinthians 10:16, 17).

## **Proof Texts for Lord's Day 28**

### **Lords Day 28 [Q&A 75.1]**

Matthew 26:26-28 Now as they were eating, Jesus took bread, and after blessing it broke it and gave it to the disciples, and said, "Take, eat; this is my body." And he took a cup, and when he had given thanks he gave it to them, saying, "Drink of it, all of you, for this is my blood of the covenant, which is poured out for many for the forgiveness of sins.

Mark 14:22-24 And as they were eating, he took bread, and after blessing it broke it and gave it to them, and said, "Take; this is my body." And he took a cup, and when he had given thanks he gave it to them, and they all drank of it. And he said to them, "This is my blood of the covenant, which is poured out for many.

Luke 22:19, 20 And he took bread, and when he had given thanks, he broke it and gave it to them, saying, "This is my body, which is given for you. Do this in remembrance of me." And likewise the cup after they had eaten, saying, "This cup that is poured out for you is the new covenant in my blood.

I Corinthians 11:23-25 For I received from the Lord what I also delivered to you, that the Lord Jesus on the night when he was betrayed took bread, and when he had given thanks, he broke it, and said, "This is my body, which is for you. Do this in remembrance of me." In the same way also he took the cup, after supper, saying, "This cup is the new covenant in my blood. Do this, as often as you drink it, in remembrance of me."

### **Lords Day 28 [Q&A 76.1]**

John 6:35, 40, 50-54 Jesus said to them, "I am the bread of life; whoever comes to me shall not hunger, and whoever believes in me shall never thirst....For this is the will of my Father, that everyone who looks on the Son and believes in him should have eternal life, and I will raise him up on the last day." ...This is the bread that comes down from heaven, so that one may eat of it and not die. I am the living bread that came down from heaven. If anyone eats of this bread, he will live forever. And the bread that I will give for the life of the world is my flesh." ...The Jews then disputed among themselves, saying, "How can this man give us his flesh to eat?" So Jesus said to them, "Truly, truly, I say to you, unless you eat the flesh of the Son of Man and drink his blood, you have no life in you. Whoever

feeds on my flesh and drinks my blood has eternal life, and I will raise him up on the last day.

### **Lords Day 28 [Q&A 76.2]**

John 6:55, 56 For my flesh is true food, and my blood is true drink. Whoever feeds on my flesh and drinks my blood abides in me, and I in him.

I Corinthians 12:13 For in one Spirit we were all baptized into one body— Jews or Greeks, slaves or free—and all were made to drink of one Spirit.

### **Lords Day 28 [Q&A 76.3]**

Acts 1:9-11 And when he had said these things, as they were looking on, he was lifted up, and a cloud took him out of their sight. And while they were gazing into heaven as he went, behold, two men stood by them in white robes, and said, “Men of Galilee, why do you stand looking into heaven? This Jesus, who was taken up from you into heaven, will come in the same way as you saw him go into heaven.”

Acts 3:21 ...whom heaven must receive until the time for restoring all the things about which God spoke by the mouth of his holy prophets long ago.

I Corinthians 11:26 For as often as you eat this bread and drink the cup, you proclaim the Lord's death until he comes.

Colossians 3:1 If then you have been raised with Christ, seek the things that are above, where Christ is, seated at the right hand of God.

### **Lords Day 28 [Q&A 76.4]**

I Corinthians 6:15, 17 Do you not know that your bodies are members of Christ? Shall I then take the members of Christ and make them members of a prostitute? Never! ....But he who is joined to the Lord becomes one spirit with him.

Ephesians 5:29, 30 For no one ever hated his own flesh, but nourishes and cherishes it, just as Christ does the church, because we are members of his body.

I John 4:13 By this we know that we abide in him and he in us, because he has given us of his Spirit.

## **Lords Day 28 [Q&A 76.5]**

John 6:56-58 For my flesh is true food, and my blood is true drink. Whoever feeds on my flesh and drinks my blood abides in me, and I in him.

John 15:1-6 “I am the true vine, and my Father is the vine dresser. Every branch in me that does not bear fruit he takes away, and every branch that does bear fruit he prunes, that it may bear more fruit. Already you are clean because of the word that I have spoken to you. Abide in me, and I in you. As the branch cannot bear fruit by itself, unless it abides in the vine, neither can you, unless you abide in me. I am the vine; you are the branches. Whoever abides in me and I in him, he it is that bears much fruit, for apart from me you can do nothing. If anyone does not abide in me he is thrown away like a branch and withers; and the branches are gathered, thrown into the fire, and burned.

Ephesians 4:15, 16 Rather, speaking the truth in love, we are to grow up in every way into him who is the head, into Christ, from whom the whole body, joined and held together by every joint with which it is equipped, when each part is working properly, makes the body grow so that it builds itself up in love.

I John 3:24 Whoever keeps his commandments abides in God, and God in him. And by this we know that he abides in us, by the Spirit whom he has given us.