

# **A Call to Pause! Thinking Rightly About Communion**

Geoffrey R. Kirkland

## **Christ Fellowship Bible Church**

**1 Corinthians 11:23-32** — 32 For I received from the Lord that which I also delivered to you, that the Lord Jesus in the night in which He was betrayed took bread; 24 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." 25 In the same way He took the cup also after supper, saying, "This cup is the new covenant in My blood; do this, as often as you drink it, in remembrance of Me." 26 For as often as you eat this bread and drink the cup, you proclaim the Lord's death until He comes. 27 Therefore whoever eats the bread or drinks the cup of the Lord in an unworthy manner, shall be guilty of the body and the blood of the Lord. 28 But a man must examine himself, and in so doing he is to eat of the bread and drink of the cup. 29 For he who eats and drinks, eats and drinks judgment to himself if he does not judge the body rightly. 30 For this reason many among you are weak and sick, and a number sleep. 31 But if we judged ourselves rightly, we would not be judged. 32 But when we are judged, we are disciplined by the Lord so that we will not be condemned along with the world.

The Lord's Supper serves as a precious and preeminent way in which all believers remember the heart of the gospel. Salvation is found in Christ and in His redemptive work. Believers should understand how to think rightly about communion and how to best benefit from this meal. This brief essay provides six helpful tips to prepare for communion.

### **1. PREPARE!**

Believers should strive to know when their local church will administrate the Lord's Supper and strive with *every possible effort* to attend this corporate worship service. Members should especially endeavor to be at these worship services so as to partake of the meal together with the body of Christ. This meal is one of the greatest blessings in a local church. Thus, every believer can and should prepare his own heart in prayer and with Scripture for this meal.

### **2. PAUSE!**

During the worship service, the Christian should take a moment to pause before the Lord and to meditate. With the business of life and the myriad of distractions, children of God need these precious moments to pause and be still before God and remember the solemnity, the gravity, the importance, the seriousness, and the gloriousness of this blessed meal to remember Christ.

### **3. PONDER!**

Paul reminds the Church of the words of Jesus when He took bread and the cup and told the believers to partake in remembrance of Him. Ponder the beauty of Christ! Ponder the sacrifice of Christ! Ponder the Bread of Life who offered Himself spotless as the One who came down from heaven to give life to sinner. Ponder the blood of the Lamb that washes sin away!

### **4. PURIFY!**

The believer should confess his sins so that he does not eat the meal in an unworthy manner. He must examine himself and confess any known sin. He should ask the Lord to reveal any unknown sin. He should ask the Lord to search the crevices of his heart and the hidden chambers of his life so as to uncover sin. Then, the believer should confess it and receive pardon.

### **5. PERMEATE!**

The believer should permeate his heart and mind with the glories of Christ. The perfect life of Christ as the Bread from heaven that obeyed the Law meticulously and perfectly should ravish the believer's soul. And the substitutionary death, the wrath-bearing atonement, the cleansing blood should rejoice and permeate the believer's affections.

### **6. PROCLAIM!**

In this communal meal together when believers remember Christ through the Lord's Supper, the Lord Jesus Christ is proclaimed! The believer should rejoice in this gospel proclamation and hope that the children present, the nonbelievers present, and visitors present would see this message and repent of sin and come to Christ. The believer should resolve in his own soul and remind himself to proclaim the glories of Christ to the lost in need of a Savior!