

HELPFUL WAYS TO PREPARE YOUR HEART FOR PARTAKING THE LORD'S SUPPER

Christ Fellowship Bible Church

PRAYER GUIDE IN PREPARATION FOR THE LORD'S SUPPER	
Thursday	a day of confessing sin/repenting
Friday	a day of self examination/soul searching
Saturday	a day of preparation (reading, gospel-remembering, Christ!)
Sunday	a day of communion/feeding/nourishment/joy
Monday	a day of thanksgiving/praise + resolve/determination to follow; be on guard from Satan & his schemes

HOW TO PREPARE & WHAT TO MEDITATE UPON IN PREPARING FOR THE LORD'S SUPPER	
Monday	God's Sanctity (holiness, purity, justice, righteousness)
Tuesday	Your Sin (defilement, sins you've committed & godly deeds you've omitted)
Wednesday	Christ's Sacrifice (His blood, His atonement, His power, His wrath-bearing sacrifice, His once-for-all death)
Thursday	Christ's Sufficiency (His perfection, sweetness, delightfulness)
Friday	Spirit's Security (indwelling Holy Spirit, preservation of the Spirit, the deposit, the security, the power of the Spirit)
Saturday	Heaven's Sureness (confidence in the future, hope of heaven all because of Christ's work, the confidence of being 'in Christ')
Sunday	Soul's Satisfaction (eagerness to take the Lord's Supper, worship Christ, increase faith in Him, consider His death & hell that He bore for you & heaven that He won for you!)

Self-Examination in Preparation for the Lord's Supper

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- Ask God to show you your sin
- Seek to understand why you sinned and what happened when you sinned
- Confess specific, particular (not vague) sins to God pleading for His mercy

Questions about Your Own Soul & Repentance

- An impenitent communicant is an unworthy one.
- You know about your sin -- but have you felt it in your heart & grieved over it?
- Have you been weary and heavy laden over your sin? Are you ashamed of it, as a nauseous, loathsome, filthy thing?
- Do you hate every false way?
- Do you sincerely desire to read, study & obey all of GOD's commands?

Questions About Your Conduct Toward Others

- Is there anybody I've offended and need to ask forgiveness from?
- Is there anybody who has offended me and I haven't forgiven?
- Am I failing to promote the peace and unity of the church fellowship in any way?
- Have you indulged in any pleasures of the body that has displayed a lack of self-control this week?
- Am I engaged in true fellowship with a few other brothers or sisters in the church?
- What have I said this week that was cutting, harmful, prideful, selfish or an expression of my anger/frustration?
- Where/when have I been selfish & quick-tempered towards those I live with?
- Where am I worrying, fearful, anxious thus showing that I'm not trusting Christ supremely in a situation?

Questions About Your Walk with Christ

- What is my attitude toward the LORD? Do I love Him? Obey Him without excuses?
- What is my attitude toward His Word? How is it proven by my time with it?
- How have I neglected to proclaim the gospel to the lost that God has brought into my path?
- What have I done this week to dishonor Christ?

More Specific Questions About Conduct, Life, Time-Management

- Did God find me on my bed when I should have been on my knees?
- What have you gained through your prayer life this week?
- Have you been neglectful or careless in the reading of God's Word?
- Have you and do you digest the sermon you last heard? Have you prayed over it and repeated it over to your soul & have you incorporated specific truths of it in your life?
- Have you, O Husbands/Fathers, led your families in regular, daily family worship this week?
- Where have you denied yourself lately for God? Do you deny your flesh? Or do you let your appetite have as much as it would?
- Have you redeemed your time from overly long and needless visits, idle imaginations, fruitless conversations, and unnecessary sleep and a preoccupation with the things of this world?

- Have you lived every day, every hour, every minute for Christ & for eternity?
- Have you served in sacrificial and more than ordinary ways this week? Do you serve the Church? How did you do so this week?
- Have you guarded your friends?
- Have you neglected some relative duty today -- of a husband, wife, parent, child,?
- Did you pray much this week? We should pray continually -- did you? There is walking with God not only morning and evening but even all the day long.
- Has God been out of your mind and heaven been out of your sight this week?
- Have you examined your heart with all due diligence and guarding your heart (Prov 4.23)?
- Where have you given over to pride today? How do you respond when you are commended? Are you growing haughty?