

Preparing for Communion

Geoffrey R. Kirkland
Christ Fellowship Bible Church

Preparation is the necessary prerequisite for partaking of the Lord's Supper. One only communes with Christ in so far as he has prepared his heart and mind before even arriving to corporate worship. To omit in preparation before partaking of the elements is to eat and drink judgment on oneself. For the good of your soul, for the benefit of your life, and for the joy of your heart, prepare yourself to meet with Christ and commune with Him!

1. CONSIDER YOUR SAVIOR

All have sinned and thus cannot come to God on their own. The Christian must look afresh at Christ. He must gaze anew at the person of Jesus Christ. He should erupt with adoration in considering the grace and love of the Savior. To properly prepare for communion, the believer must consider Christ. He should consider Christ's person, His work, His righteousness, His love, His soon-return, and His glory. Consider His perfect attributes and His divinity. Muse on His crosswork that made atonement for His own sheep to enter everlastingly into the fold. See the royal garment of spotless righteousness that Christ earned by His obedience and His overwhelming love that drowns the sinner in joyous compassions. Anticipate His sovereignty over all things and His soon-return to earth in power, glory and judgment.

2. CONFESS YOUR SIN

Preparing for communion must include confession of sin and repentance toward God. Confessing sin should be a regular duty for a believer. Repenting of sin and forsaking all evils for the greater joy and with a newly-ignited zeal to pursue Christ and His righteousness should be a regular discipline in the Christian's growth. Confessing sin comes from seeing God. Beholding the holiness of God and comparing oneself with *His person and standard*, not with another person or one's own man-made standard is essential. One may confess very little if he compares himself with a friend. But when one sets himself up before the Almighty and impeccable standard of God's righteous justice, it must propel the Christian to confession and resolved repudiation of all filth. Come to Christ in daily confession. Come to the Throne and find mercy and grace!

3. CONSECRATE YOUR SOUL

To live for Christ, one must look to Christ. To look at Christ is to behold Him. To behold Him one must turn to the Scriptures. Turning to the Scriptures instructs the believer with God-graced guidelines for how to live, how to serve, how to rejoice, and how to walk in a manner pleasing to Christ! The Christian finds no burden in doing this. He willingly and eagerly obeys from the heart because Christ has paid so much for him, how could the believer not give all, consecrate himself entirely, and live acutely for the glory of Christ and the joy of God. Prepare for communion by consecrating yourself to the Lord. Consecrate yourself by diligently setting yourself apart for the Master's use for His purposes. Consecrate yourself with daily feedings from the Scripture, with regular meetings with the Savior, and with fervent musings on God's attributes. Flee from all worldliness. Anything that turns you from Christ and fixates you on this world must be neglected and forsaken! Consecrate yourself to the Lord as a soldier would solidly and singularly devote himself to the Commander in everything till all is done.

4. CONTEMPLATE YOUR SALVATION

The highest joy in preparing for the Lord's Supper comes from looking at Christ and His saving work that He accomplished once-for-all at Golgotha. Look to Christ as He hung from the tree. Hear Him screaming when His God had forsaken Him as Christ drank the bitter cup of divine wrath. Listen to Him promise the once-blasphemous thief that he would enter Paradise simply by calling upon Christ and pleading for mercy! See the nail marks that wounded Christ for you! Consider Christ bearing your penalty. Behold the Savior drinking your cup. Ponder the Son of God, forsaken by God, suffering at the hands of God, as God, so you may become a son of God and a co-heir with Christ! What amazing love and eternal joys come from looking upon Christ who died for you! He shed blood to appease divine wrath in your stead. He suffered so you may go free. He bled so you may receive grace. He died so you may live. Look to Christ and bathe in His finished work! Worship the King for He suffered for your redemption. He sought you and He bought you and He lives and intercedes for you! Consider Him! As you prepare for communion, remember the death of Christ, the work of Christ, the resurrection of Christ, the intercession of Christ, the soon-return of Christ, the adoption into God's family *in Christ*, and the unspeakable joy and blessing that awaits you *in Christ*.