

means that when we take Jesus is present spiritually to us in a very real and wonderful way that is above and beyond his presence with us at all other times. This is what is suggested by Paul in 1 Corinthians 10:16. *The cup of blessing that we bless, is it not a participation in the blood of Christ? The bread that we break, is it not a participation in the body of Christ?* When we take the Lord's Supper we all share by faith in what Christ did for us on the cross.

Discussion Questions

- The Catholic Church worships the elements since they 'turn into Jesus'. What is wrong with this practice?
- What do you think Christians miss out on who rarely take the Lord's Supper?

Day 5 – Review Q&A and recite memory verse

Yesterday we talked about how in taking the Lord's Supper we share by faith in what Christ did for us on the cross. Paul says in 1 Corinthians 10:16 that eating and drinking is a participation in the body and blood of Jesus. Jesus is really there with us in a spiritual sense. But what exactly does he do for us in the Lord's Supper? The catechism states it this way. *Worthy receivers are...by faith, made partakers of his body and blood, with all their benefits, to their spiritual nourishment and growth in grace.* While we are justified by faith in Jesus Christ from the moment we first believe in him, our salvation is not complete and final at that point. The rest of our lives are spent growing into the image of Jesus. As we daily put off sin and put on righteousness by faith we are sanctified and made more and more holy. One of the great means that God has given us to enjoy what Jesus has done for us is the Lord's Supper. Another way of saying this is that a Christian who believes in Jesus but doesn't take regularly of the Lord's Supper is like a child who refuses to eat regular meals. He will not grow strong and healthy but will be sickly, weak, and malnourished. As believers in Jesus we must accept all the spiritual nourishment the God provides so wonderfully for us!

Discussion Questions

- Does it always feel like the Lord's Supper is necessary for our growth as Christians? Why or why not?
- How has your understanding of the Lord's Supper grown over this past week? How do you plan on taking this understanding into worship on the Lord's Day?

Baptist Catechism

Family Worship Guide



West Oaks Baptist Church

(in preparation for Sunday, September 29th, 2025)

Baptist Catechism Question #102

Q: What is the Lord's supper?

A: *The Lord's supper is an ordinance of the New Testament, instituted by Jesus Christ; wherein by giving and receiving bread and wine, according to his appointment, his death is shown forth, and the worthy receivers are, not after a corporal and carnal manner, but by faith, made partakers of his body and blood, with all his benefits, to their spiritual nourishment and growth in grace.*

Suggested Memory Verse

1 Corinthians 10:16-17 *The cup of blessing that we bless, is it not a participation in the blood of Christ? The bread that 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. (ESV)*

Day 1 – Review Q&A and recite memory verse

After the past few weeks considering baptism we now turn to see what God says concerning the Lord's Supper. In asking what the Lord's Supper is, the catechism points first to the reality that this supper was instituted, or given, by the Lord Jesus Christ. 1 Corinthians 11:23-25 *...the Lord Jesus on the night when he was betrayed took bread...In the same way also he took the cup...saying, "Do this...in remembrance of me."* The reality is that Jesus instituted the Lord's Supper. The night he was betrayed and headed toward his death he took time to instruct the disciples in a new meal for the New Covenant church. This meal would ensure they would never forget what He would do for us. If Jesus gave us the Lord's Supper then we must make sure we continue to keep it just as he commanded. This principle is the regulative principle of worship. We are not to change his command. The Roman Catholic Church (RCC) has done this very thing. They change the meal by turning it into a magical rite by which Jesus is repeatedly sacrificed over and over, making light of his once for all sacrifice on the cross. At times the RCC also has changed the meal by withholding one of both of the elements from the common Christian. At West Oaks we gather every week and seek to follow Jesus' command in exactly how we take the meal together.

Discussion Questions

- Why is it so important that Jesus himself commanded us in how to keep the Lord's Supper?
- What is the problem with changing or tweaking the way we do the Lord's Supper?

Day 2 – Review Q&A and recite memory verse

Have you ever had to leave yourself a reminder? Some people will put reminders on their calendars or in their smart phones. This can help us remember an important meeting or a special birthday. An old way of reminding yourself not to forget an important task was to tie a string around one of your fingers. Every time you looked down and saw the string you were reminded not to forget. In his word God shows us the importance of remembering. The Catechism tells us that by the giving and receiving of the bread and wine Christ's *death is shown forth*. We take the elements and we are to remember. Luke 22:19 Jesus commands the taking of the bread and cup and says, *"...Do this in remembrance of me."* While we will spend the the rest of the week looking further at what the Lord's Supper is we ought not forget that it is firstly a reminder. When we take the bread we are reminded that Jesus was beaten and then hung on a cross to die for our sins. When we drink the cup we are to remember that Jesus shed his blood as he took the punishment due to our sins. 1 Peter 1:18-19 *...you were ransomed from the futile ways inherited from your forefathers, not with perishable things such as silver or gold, but with the precious blood of Christ, like that of a lamb without blemish or spot.*

Discussion Questions

- Why is it important that we be reminded every week of Jesus' death on the cross?
- If the Lord's Supper is for us to remember, how does that affect the way you take the Lord's Supper?

Day 3 – Review Q&A and recite memory verse

As we continue to explore the nature of the Lord's Supper this week our catechism indicates that this meal and its benefits are for *the worthy receivers* of it. We will spend next week talking at length about who should receive the Lord's Supper but we can start thinking a little about it this week. It is important that the way we carry out God's ordinances be in accordance with God's word and with the gospel of Jesus Christ. As such we should never start to think the Supper is only for those who have done well enough to meet God's standard or to earn his pleasure. We are all sinners saved by grace through faith. Our salvation is of none of our own doing. Accordingly, it would be out of line with the gospel to try and evaluate ourselves and see if we've been good enough Christians to merit the Lord's Supper each week. The supper is a gracious gift to sinners who have been saved. It isn't for everyone, however, as only those who believe in Jesus Christ gain it's blessings. In fact, to take the supper without faith is to invite a curse. The Corinthian church learned this hard truth. 1 Corinthians 11:29-30 *For anyone who eats and drinks without discerning the body eats and drinks judgment on himself. That is why many of you are weak and ill, and some have died.* We must take care that we come to the meal in faith, looking beyond the flesh to spiritual realities.

Discussion Questions

- What spiritual realities ought we to keep in mind as we come to the Lord's Supper?
- Do you have a tendency to be distracted and forget the meaning of the Supper? How can you turn from these distractions to the eyes of faith?

Day 4 – Review Q&A and recite memory verse

What happens when we take the Lord's Supper? This question has been debated between Christians for a long time. The Catholic Church teaches what has been called 'transubstantiation'. This is the belief that the physical bread and wine of the Lord's Supper actually turn into the body and blood of Jesus. Whatever then happens to the bread and cup, such as eating, drinking, or even spilling, happens to the body and blood of Jesus. When the Priest prays to cause this transformation then Jesus is somehow sacrificed again. In response to this heresy a number of Christians have responded with the idea that the Supper is 'only' a memorial. In this view 'nothing really happens' when we eat and drink. We, along with the reformers, refuse to wander into such extremes. Rather, we hold that when we take the Lord's Supper according to Christ's command, *by faith, made partakers of his body and blood*. This