

## Benefits of the Lord's Supper

In the Lord's Supper, our gracious Lord Jesus Christ strengthens the assurance of forgiveness for His believing people. The forgiveness of sins was made possible when Jesus offered up His own body and blood on the cross. In this sacrament, His body and blood are given as an effectual pledge of the forgiveness of sins. As Jesus instituted the Lord's Supper, He said, "This is my blood, which is shed for you for the remission of sins" (Matthew 26:28). The Lord's Supper is a tremendous provision for the spiritual nurture and growth of all those who have come to repentance and faith.

The Lord's Supper is also given as a special opportunity to remember Jesus who loves us and has given Himself for us on the cross. As He instituted the Lord's Supper He said, "This do in remembrance of me" (I Corinthians 11:24). To take part in the Lord's Supper is wonderful opportunity to confess our faith in Jesus as our Savior from sin, death, and hell. In order to remember Christ, we should spend time in preparation, meditating on His suffering, death, and resurrection as recorded in the Word of God. This should lead us to rejoice in Him and thank Him for our salvation.

Another benefit of the Lord's Supper is to have fellowship and communion with Christ. The Apostle Paul speaks of this fellowship in this way: "The cup of blessing which we bless, is it not the communion of the blood of Christ? The bread which we break, is it not the communion of the body of Christ? For we being many are one bread, and one body; for we are all partakers of that one bread" (I Corinthians 10:16, 17).

Arising out of this last thought is that the Lord's Supper can be an opportunity for renewal and deepening of love among believers. The fact that we are forgiven by the Lord should call us to forgive others for what they may have done against us. Before coming to the altar, we should be sure there is forgiveness on our part for any wrongs suffered (cf. Matthew 5:23).

How are these wonderful benefits made possible? Because of what Jesus Christ has done for us on the cross. The Lord's Supper is a means through which the benefits of Calvary are offered. Our Lord knows our need as His children for assurance of His grace and forgiveness as well as close fellowship with Him. In the Lord's Supper, He meets these needs.

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