

**Daily Bible Study**

**“Catechism & Communion”  
Westminster Larger #174**

***Selected Scripture***

***July 25 - 31, 2010***

**THE LORD’S DAY & MONDAY** – In preparation for coming together to The Lord’s Supper this upcoming Lord’s Day we now return to our study of “Catechism & Communion”. We will again be looking at The Westminster Larger Catechism and using **Question & Answer #174** as our outline. **Question 174:** What is required of them that receive the sacrament of the Lord's Supper in the time of the administration of it? **Answer:** *It is required of them that receive the sacrament of the Lord's Supper, that, during the time of the administration of it, with all holy reverence and attention they wait upon God in that ordinance, diligently observe the sacramental elements and actions, heedfully discern the Lord's body, and affectionately meditate on his death and sufferings, and thereby stir up themselves to a vigorous exercise of their graces; in judging themselves, and sorrowing for sin; in earnest hungering and thirsting after Christ, feeding on him by faith, receiving of his fullness, trusting in his merits, rejoicing in his love, giving thanks for his grace; in renewing of their covenant with God, and love to all the saints.* You will notice that this Q & A deals with our attitude and behavior while we are at The Table, during our participation of The Lord’s Supper. The question gets right to the point by letting us know there is a requirement upon us who would come to The Table and profess Jesus, His death, and our union with Him through this Sacrament. What is required... We can sometimes be so focused on God’s grace to us in Christ and rightly so, enjoying the blessing that comes from forgiveness of sin and union with Jesus that we seem to “lower the bar” concerning what God requires from us. We do not go around attempting to gain favor with God by keeping His laws but we should be busy obeying His law and following His command (requirement) to “*Be Holy, as I am Holy*” in order to walk in a way that glorifies, honors, and pleases our Holy God (**Leviticus 11:44, 1 Peter 1:16**). As a footnote, *Being Holy* goes far beyond mere actions; holiness is descriptive of our new nature, the *divine nature* (**2 Peter 1:4**) to which we have been made *partakers*. We as children of God are called to be like our Father and thus best bring Him glory and honor. So this week we will take a look at one area where we can behave in a God honoring and glorifying manner; as we eat and drink of The Lord’s Supper.

(Meditate)What is God teaching me from His Word today? (Apply)How can I put it into practice?

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*Suggestion for Prayer: Father God, Please teach and feed me from Your Word this week. Help me learn to love and obey You as Your child. Help me be conformed more and more into Jesus image.*

**TUESDAY – Question 174:** What is required of them that receive the sacrament of the Lord's Supper in the time of the administration of it? **Answer:** *It is required of them that receive the sacrament of the Lord's Supper, that, during the time of the administration of it, with all holy reverence and attention they wait upon God in that ordinance...* We need to understand that our behavior and obedience to God and His law should be a 24/7 practice. Our entire lives are to be marked with God honoring attitude and actions (**1 Corinthians 10:31**) which are the course of our lives. We don't just decide to "be Holy" when we come to The Table, but since our lives are being lived in pursuit of holiness, we do come and mark this moment as one that is a serious reminder to us of what Christ has done for us in order to provide this new life we enjoy. We live in God's presence **ALWAYS** but it is God Himself who spoke to His people about the importance of coming before Him in worship in a Holy manner. In **Leviticus 10:3**, God says, "By those who come near Me I must be regarded as holy; And before all the people I must be glorified". In this passage we read that God put to death Aarons two sons who were "offering strange fire" before the Lord. Although we do not know the details of their sin it seems obvious from God's response that they were not approaching Him in Holiness, and reverential Godly fear to worship. When we come to partake of The Supper, *during the time of the administration of it*, we should approach God *with all holy reverence and attention as we wait upon Him in that ordinance*. The time of administration, when we are receiving The Sacrament is not time for us to plan our day or week, daydream, wonder if the person in the other pew heard today's message, etc.... We are to examine ourselves for sin as we sit in the presence of our Holy God and commune with Jesus Himself by faith through The Holy Spirit. Paul reminds the people of Corinth that a person may eat of this Sacrament in an unworthy manner, eating and drinking judgment to themselves, not discerning the Lord's body. The very eating and drinking, being a proclamation of the Gospel, the death of Jesus in our place should be regarded as a holy time. As I say often, I believe Rome got it right when they refer to The Sacrament as "Holy Communion"; this is precisely what it is. Read what the Psalmist and the writer of Hebrews have to say about approaching God in **Psalms 5:7** and **Hebrews 12:28**.

*(Meditate)What is God teaching me from His Word today? (Apply)How can I put it into practice?*

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*Suggestion for Prayer: Holy Spirit, help me to examine myself for sin and confess it. Father, help me to see and practice waiting on You and before You (Psalm 37:7, 40:1, Isaih 40:31).*

**WEDNESDAY – Question 174:** What is required of them that receive the sacrament of the Lord's Supper in the time of the administration of it? **Answer:** *It is required of them that receive the sacrament of the Lord's Supper, that, during the time of the administration of it, with all holy reverence and attention they wait upon God in that ordinance, diligently observe the sacramental elements and actions, heedfully discern the Lord's body, and affectionately meditate on his death and sufferings...* It is also required of us to watch, learn, and worship The Lord as we *observe the sacramental elements and actions*. It is important to remember the meaning of the word sacrament

as we proceed. We observe the sacramental elements and actions. A Sacrament is “an outward sign of an inward grace”; it is a symbol or a sign. The bread and wine are symbolic of Jesus body and blood and even as the bread is broken and the wine poured out we see the demonstration of Jesus offering Himself in His crucifixion on the cross. His body was torn (**Hebrews 10:19-20**) and His blood shed (**Hebrews 9:20-28**) and we see this demonstrated as we observe the elements and actions of The Supper. In **Matthew 26:28** we see and hear Jesus as He inaugurates The Supper, use the imagery of Moses and the blood of the Covenant that was sprinkled on the people of God in **Exodus 24:8**. In the phrase heedfully discern the Lord's body, and affectionately meditate on his death and sufferings we are reminded that Jesus himself, suffered, He in and on His body took the real and horrible punishment that God's perfect justice demands against humans for sin. In seeing physical bread and wine we are to affectionately meditate that Jesus really went through this agony because of His love for The Father and for us His people. This is the price necessary for us to be brought into the family of God and allows us to slide our legs up under the Table as it were and feast with The Almighty. Although seen in actual bread and wine, we celebrate at The Table a very real physical (**1 Peter 2:24**) and spiritual (**Matthew 27:46**) suffering that Jesus bore for us.

(Meditate)What is God teaching me from His Word today? (Apply)How can I put it into practice?

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Suggestion for Prayer: *Jesus, I praise You for Your real obedience unto death. Thank You for suffering and dying in my place so that I might be forgiven, accepted, and adopted into The family.*

**THURSDAY – Question 174:** What is required of them that receive the sacrament of the Lord's Supper in the time of the administration of it? **Answer:** *It is required of them that receive the sacrament of the Lord's Supper, that, during the time of the administration of it, with all holy reverence and attention they wait upon God in that ordinance, diligently observe the sacramental elements and actions, heedfully discern the Lord's body, and affectionately meditate on his death and sufferings, and thereby stir up themselves to a vigorous exercise of their graces; in judging themselves, and sorrowing for sin; in earnest hungering and thirsting after Christ, feeding on him by faith, receiving of his fullness...* In this next portion we find that the catechism is reminding us that there are goals and reasons for doing things as God has directed. Specifically here, there is a reason we are to revere God as Holy and worship and fear Him and meditate on Christ's death for us as we come to The Table waiting on Him and watching the outward actions which all point us to Jesus and His work. We do this in order to thereby stir up themselves to a vigorous exercise of their graces... Partaking of The Lord's Supper is a means of grace that God has given us to remind us of the Gospel and the person and work of Jesus and to meet us in communion and strengthen us for this life we live. Some of the particular areas we are to be stirred up covered by this catechism question are: in judging themselves, and sorrowing for sin. God reminds us of the importance of judging ourselves and doing business with our sin in **1 Corinthians 11:31**. As God's people we have received God's Spirit and the grace to understand, to know God, our sin, and His gospel. We also have sorrow over our sin and look to Jesus and find salvation as described by the prophet in **Zechariah 12:10**, “*And I will pour on the house of David and on the inhabitants of Jerusalem the*

*Spirit of grace and supplication; then they will look on Me whom they pierced. Yes, they will mourn for Him as one mourns for his only son, and grieve for Him as one grieves for a firstborn.”* We are reminded of the comfort and satisfaction of soul we receive by faith and union with Christ in observing The Supper. We come to Jesus *in earnest hungering and thirsting* and by *feeding on Him by faith* (**John 6:35, Revelation 22:17**) and we *receive of his fullness* (**John 1:16**).

*(Meditate)What is God teaching me from His Word today? (Apply)How can I put it into practice?*

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*Suggestion for Prayer: Father, thank You for giving me the ability to understand the Gospel and the faith to believe. Feed my soul with Jesus Christ. Help me see He is sufficient for ALL my needs.*

**FRIDAY & SATURDAY – Question 174:** What is required of them that receive the sacrament of the Lord's Supper in the time of the administration of it? **Answer:** *It is required of them that receive the sacrament of the Lord's Supper, that, during the time of the administration of it, with all holy reverence and attention they wait upon God in that ordinance, diligently observe the sacramental elements and actions, heedfully discern the Lord's body, and affectionately meditate on his death and sufferings, and thereby stir up themselves to a vigorous exercise of their graces; in judging themselves, and sorrowing for sin; in earnest hungering and thirsting after Christ, feeding on him by faith, receiving of his fullness, trusting in his merits, rejoicing in his love, giving thanks for his grace; in renewing of their covenant with God, and love to all the saints.* In **Philippians 3:1-14**, The Apostle Paul lays out a big list of his “spiritual attainments” only to say they are *rubbish*, Skubalon, “refuse, excrement, offscourings”. He says He wants to be found in Christ, with Christ’s righteousness that comes by faith in Him. Beloved, The Supper is to remind us and help us continue *trusting in his merits*. Just having The Supper as a means to make God happy and appease your conscience with a ritualistic observance is to heap up a bunch of Skubalon. We need to remember what pleases God is what The Supper shows us, the perfect sinless life and sacrifice of Jesus; we need to trust Him, not ourselves. In doing so, as we eat we do *rejoice in His love*, and give Him *thanks for His grace* to us (**Psalm 22:26**). We gather at The Table, His Table, as His people and we not only remember what He has done for us we are called to be *renewing our covenant with God* (**Psalms 50:5, Jeremiah 50:5**). Also demonstrated in the “one bread” at The Table is our union with Christ and each other as believers in Him and we renew our *love* to both (**John 13:34-35**).

*(Meditate)What is God teaching me from His Word today? (Apply)How can I put it into practice?*

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*Suggestion for Prayer: Father, help me trust in Jesus merits alone & strengthen me at Your Table.*