

**Daily Bible Study**

***“Catechism & Communion”  
Westminster Larger #175***

***Selected Scripture***

***November 28 – December 4, 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 #175** as our outline. **Question 175:** *What is the duty of Christians, after they have received the sacrament of the Lord's Supper?* **Answer:** *The duty of Christians, after they have received the sacrament of the Lord's Supper, is seriously to consider: How they have behaved themselves therein, and with: What success; if they find quickening and comfort, to bless God for it, beg the continuance of it, watch against relapses, fulfill their vows, and encourage themselves to a frequent attendance on that ordinance: but if they find no present benefit, more exactly to review their preparation to, and carriage at, the sacrament; in both which, if they can approve themselves to God and their own consciences, they are to wait for the fruit of it in due time: but, if they see they have failed in either, they are to be humbled, and to attend upon it afterwards with more care and diligence.* This particular Question and Answer from the Larger Catechism is a very necessary and practical one as it gives us some very specific helps and instructions concerning our participation in The Lord’s Supper. It serves as a reminder to us of what wonderful blessings are here for us in this means of Grace which God has given to His people. Not only are we reminded of the blessings that belong to us but we are exhorted to examine our behavior, our *duty* before God and we are also given some very practical “to do’s” that help to guide us and teach us both during and *after* our partaking. This Q&A summarizes well some of the things we as Christians need to be constantly reminded of to prevent us from taking The Supper as a mere formality and ritual but instead to be fed by God Himself through faith. The Holy Spirit of God is the One who convicts, directs, and empowers us in this life and we will see some wonderful Scriptures this week that I pray He uses to change us for His glory and our good. My prayer for myself and all of us is that we will be taught, encouraged, comforted, and challenged to *seriously consider* this wonderful God ordained privilege that is ours in eating the Supper, and by God’s Spirit and Word make necessary changes in our individual and corporate living. Let us with joy partake and remember our Lord’s death until He comes again.

*(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.*

**TUESDAY – Question 175:** What is the duty of Christians, after they have received the sacrament of the Lord's Supper? **Answer:** *The duty of Christians, after they have received the sacrament of the Lord's Supper, is seriously to consider: How they have behaved themselves therein, and with: What success;* As we begin to look at the specifics of this Q&A we are immediately told of our *duty*. Remember that Jesus commanded us as His people to come and partake of this Supper. We are duty bound to do so and what is incredible concerning God's commands to us as opposed to many man given commands is that obedience to his commands are always for our good and benefit as well as His glory and honor. There is no tension or conflict between what He commands us to do and our experience of joy in Him. We must remember that and repent of any sinful attitudes in us that seem to think that obedience to Him will somehow not bring us joy and real fulfillment (**John 15:10-11**). We are told that it is our *duty as Christians after we have received the Sacrament to seriously consider how we have behaved therein and with what success*. Two verses of Sacred Scripture capture these thoughts and articulate them beautifully. The first is **Psalms 85:8** which is absolutely marvelous and the other is **1 Corinthians 11:31**. Meditate upon them today and hear and listen to God speak to you from His Word. **Psalms 85:8** *"I will hear what God the Lord will speak, for He will speak peace to His people and to His saints; but let them not turn back to folly."* **1 Corinthians 11:31** *"For if we would judge ourselves, we would not be judged."*

*(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 see and do what is my Christian duty. Thank You that the message of The Gospel proclaimed in The Lord's Supper is one of peace to me & Your people.*

**WEDNESDAY – Question 175:** What is the duty of Christians, after they have received the sacrament of the Lord's Supper? **Answer:** *...if they find quickening and comfort, to bless God for it, beg the continuance of it, watch against relapses, fulfill their vows, and encourage themselves to a frequent attendance on that ordinance:* We read next that if in taking the Lord's Supper we find God *quicken and comforting* us that we are to *bless God for it*. This is an obvious and yet often neglected fact among us as God's children. We can so quickly become a very unthankful and self-centered people and we must remember to *bless God* for everything He does in us, to us, and through us even though we are an unworthy and sinful people. An Old Testament Scriptural illustration of this joyful acknowledgment of God's blessings by His people is found in **2 Chronicles 30:21-26**. We also see this joy and comfort exhibited in the New Testament as god's people gathered to worship Him and also partake of The Lord's Supper together in **Acts 2:42, 46-47**. We are then reminded that we need to *beg the continuance of it*. Do we *beg* God to continue to *quicken and comfort*, to bless and fill us with faith, love, and power to live and worship Him as we ought? We now get a warning which is central to the partaking of The Supper as we eat and drink the body and blood of our Lord and remember the sacrifice necessary to forgive our sin. We are

told to *watch against relapses, fulfill their vows, and encourage themselves to a frequent attendance on that ordinance:* We know all too well our propensity toward relapses into sinful

behavior and God has graciously given us examples of the danger in doing so; namely the passage in **1 Corinthians 10:3-5**, and **verse 12**. Concerning the matter of *fulfilling our vows* **Psalm 50:14** tells us, “*Offer to God thanksgiving, and pay your vows to the Most High.*” The Catechism goes on to inform us that we are given Divine aid in this work of *watching against relapses* (sin) and not *fulfilling our vows* by seeing to a *frequent attendance on that ordinance*. Is this not just like God who graciously has given us The Supper as a means of grace to strengthen us in our daily lives and walk before Him? We can learn a very practical lesson of the importance of *frequent attendance* in coming to The Lord’s Table. This is one of the issues that I have mentioned in our bulletin articles concerning worship that we are looking to implement here in our fellowship. It is my understanding that we should come to The Table more often than we. Scripture, although not giving a specific calendar mandate of observance of The Supper does tell us that God’s people were *continuing steadfastly* in this Sacrament of The Lord’s Table (**Acts 2:42,26**).

(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 us Your Holy Spirit and also such practical things such as The Lord’s Supper to see, remember, and be strengthened in our Lord Jesus.*

**THURSDAY – Question 175:** What is the duty of Christians, after they have received the sacrament of the Lord's Supper? **Answer:** *...but if they find no present benefit, more exactly to review their preparation to, and carriage at, the sacrament; in both which, if they can approve themselves to God and their own consciences, they are to wait for the fruit of it in due time:* An incredible reality to us as human beings is that we are very inconsistent and our moods and feelings among other things are fickle and changing. It is even possible for us as true Christians to sometimes even in obedience to God and Scripture not “feel” like we are benefiting and growing. The Catechism tells us that in coming to The Supper if we *find no present benefit* we have work to do that will help us by God’s Spirit see and discover any reasons for that lack of joy or lack of sweet communion with Christ. Jesus is *the same yesterday, today, and forever* (**Hebrews 13:8**) but we as mentioned earlier are often ruled by our emotions and our thoughts and must bring them captive under the authority of Christ in obedience to Him (**2 Corinthians 10:5**). A passage that tells us about God and His character as well as our need to *more exactly review our preparation to, and carriage at, the sacrament* and all worship before God is **Ecclesiastes 5:1-6**. Solomon (most likely the author) here gives us very practical advice that helps us in our preparations for and practice in worship. Take heart beloved and remember you are in process as a sinful person that has been saved from sins penalty by the power of God but you are still being conformed into the image of Christ as we wait the culmination of His work at our ultimate glorification (**Romans 8:30**). We need to labor at walking with God and putting to death our sin in this fallen world. We are given the encouraging word in the Catechism to *wait for the fruit of it (quickening, comfort, and benefit) in due time*. The Psalmist who like us was a sinner who by faith trusted in God reminds us often of this very uncomfortable matter of *waiting on God* (**Psalms 123:1-2**). We are creatures who have grown accustomed to having what we want WHEN we want it and God is not ruled, governed, or

constrained by man's timing. In the Psalms God reassures us of His faithfulness and timing when we hear recorded for us over and over the wonderful lines, *Why are you cast down o my soul...wait on God, hope in God (Psalms 42:5,8, 43:3-5).*

*(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 that Your timing is always perfect. Help me search and examine myself by Your Holy Spirit's work in me and then confess any sin and trust & wait on You.*

**FRIDAY & SATURDAY – Question 175:** What is the duty of Christians, after they have received the sacrament of the Lord's Supper? **Answer:** *...but, if they see they have failed in either, they are to be humbled, and to attend upon it afterwards with more care and diligence.* We have seen that we do not always recognize as we should all that Christ has done for us and to aid us in our understanding of and strengthening in the Gospel we have work to do, even at The Lord's Table. We need to be about the business of *serious consideration*, even at The Table we must examine our thinking and our *behavior*. We are to *bless God* and *beg* Him for continual strength and grace to live in a way which pleases and glorifies Him. We know that The Sacrament displays His love for us and His hatred of sin and we see so plainly the awful, yet wonderful sacrifice of Jesus body and blood which were given for us. It is my sinful *relapses* that Jesus died for. As I commune with Christ in The Supper I am strengthened as I pray and meditate upon Him and His work and love for me a sinner and God's Holy Spirit encourages me and strengthens me for my daily life. This last portion of the Catechism addresses our perseverance in this Christian life. We as sinful men may even come to The Table ill-prepared and seem to receive no apparent benefit but God is a patient, merciful, gracious Father and we need to recognize Him as such and humbly ask Him for His help. We need to seek humility (**1 Peter 5:6, James 4:10**) and trust God; He will handle things just fine when we seek and obey Him with loyal, undivided hearts (**2 Chronicles 16:9**). Here particularly when we recognize our failures in coming to The Sacrament as we should, we humbly confess before God and get after coming to The Table *afterwards with more care and diligence.*

*(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.*