

Understanding the Last Supper as a lifestyle



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Compiled by TOMS - 04/2020

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Frequently Asked Questions (FAQS) about the Last Supper?

1) **How often should we partake of the Last Supper (also known as communion)?**

a) **Every day**

- Acts 2:46 (NIV)

⁴⁶ **Every day** they continued to meet together in the temple courts. They broke bread in their homes and ate together with glad and sincere hearts,

b) **On the first day of the week**

- Acts 20:7 (NIV)

⁷ **On the first day of the week** we came together to break bread. Paul spoke to the people and, because he intended to leave the next day, kept on talking until midnight.

- Acts 20:11 (NIV)

¹¹ Then he went upstairs again and broke bread and ate. After talking until daylight, he left.

c) **Partake of the communion as a way of celebrating** (celebrating Christ, celebrating God's goodness in your life, etc.)

d) **Every time a person decides to study the word of God. The purpose is to have our eyes open so that we can recognize Christ in scriptures**

- Luke 24:30-35 (NIV)

³⁰ When he was at the table with them, he took bread, gave thanks, broke it and began to give it to them.

³¹ **Then their eyes were opened and they recognized him,** and he disappeared from their sight.

³² They asked each other, “Were not our hearts burning within us while he talked with us on the road and opened the Scriptures to us?”

³³ They got up and returned at once to Jerusalem. There they found the Eleven and those with them, assembled together

³⁴ and saying, “It is true! The Lord has risen and has appeared to Simon.”

³⁵ Then the two told what had happened on the way, and how Jesus was recognized by them when he broke the bread.

e) When betrayed; while betrayal is in progress or already betrayed

- I Corinthians 11:23 (AMPC)

²³ For I received from the Lord Himself that which I passed on to you [it was given to me personally], that the Lord Jesus on the night when He was treacherously delivered up *and* while **His betrayal was in progress took bread,**

²⁴ And when He had given thanks, He broke [it] and said, *Take, eat.* This is My body, which is broken for you. Do this to call Me [affectionately] to remembrance.

²⁵ Similarly when supper was ended, He took the cup also, saying, This cup is the new covenant [ratified and established] in My blood. Do this, as often as you drink [it], to call Me [affectionately] to remembrance.

f) When you want to remember Christ' life and Christ's death. To replace negative thought patterns.

- **1 Corinthians 11:23 (AMPC)**

²³ For I received from the Lord Himself that which I passed on to you [it was given to me personally], that the Lord Jesus on the night when He was treacherously delivered up *and* while His betrayal was in progress took bread,

²⁴ And when He had given thanks, He broke [it] and said, *Take, eat.* This is My body, which is broken for you. **Do this to call Me [affectionately] to remembrance.**

²⁵ Similarly when supper was ended, He took the cup also, saying, This cup is the new covenant [ratified and established] in My blood. **Do this, as often as you drink [it], to call Me [affectionately] to remembrance.**

g) When departing from a people (farewell).

- **Luke 22:15-17 (NIV)**

¹⁵ And he said to them, "I have eagerly desired to eat this Passover with you before I suffer.

¹⁶ For I tell you, I will not eat it again until it finds fulfillment in the kingdom of God."

¹⁷ After taking the cup, he gave thanks and said, "Take this and divide it among you. ¹⁸ For I tell you I will not drink again from the fruit of the vine until the kingdom of God comes."

h) Whenever/Every time/Often

- **1 Corinthians 11:26 (NIV)**

²⁶ For **whenever** you eat this bread and drink this cup, you proclaim the Lord's death until he comes.

- **1 Corinthians 11:26 (NLT)**

For **every time** you eat this bread and drink this cup, you are announcing the Lord's death until he comes again.

- **1 Corinthians 11:26 (ESV)**

For as **often** as you eat this bread and drink the cup, you proclaim the Lord's death until he comes.

2) How should we remember the life/death of Jesus?

a) **Affectionately, not sorrowfully.**

- **1 Corinthians 11:24-25 (AMPC)**

²⁴ And when He had given thanks, He broke [it] and said, *Take, eat.* This is My body, which is broken for you. **Do this to call Me [affectionately] to remembrance.**

²⁵ Similarly when supper was ended, He took the cup also, saying, This cup is the new covenant [ratified and established] in My blood. **Do this, as often as you drink [it], to call Me [affectionately] to remembrance.**

3) How should we relate to the body and blood of Jesus Christ?

a) **It is a personal relationship; He died for all; He died for you. Therefore, one person cannot partake of the Lord's Supper on behalf of another.**

- **1 Corinthians 11:24-26 (NIV)**

²⁴ and when he had given thanks, he broke it and said, "This is my body, which is for **you**; do this in remembrance of me."

²⁵ In the same way, after supper he took the cup, saying, "This cup is the new covenant in my blood; do this, whenever **you** drink it, in remembrance of me."

²⁶ For whenever **you** eat this bread and drink this cup, you proclaim the Lord's death until he comes.

4) Why should we physically break the element of bread in the communion?

a) So that our eyes can open, then we will recognize Him in scriptures.

- **Luke 24: 30-31 (NIV)**

³⁰ When he was at the table with them, he took bread, gave thanks, broke it and began to give it to them.

³¹ **Then their eyes were opened and they recognized him,** and he disappeared from their sight.

b) To fulfill scripture.

Scripture tells us that Jesus' bones will not be broken (Psalm 34:20) and the fulfillment of this prophecy is recorded in John 19:33 and 36; John 19:36-37. The body of Jesus was broken not His bones.

- **Psalm 34:20 (NIV)**

²⁰he protects **all his bones, not one of them will be broken.**

- **John 19:33,36 (NIV)**

³³ But when they came to Jesus and found that he was already dead, they did not break his legs.

³⁶ These things happened so that the scripture would be fulfilled: "Not one of his bones will be broken,"

Also,

- **Zachariah 12:10 (NIV)**

¹⁰ “And I will pour out on the house of David and the inhabitants of Jerusalem a spirit of grace and supplication. **They will look on me, the one they have pierced,** and they will mourn for him as one mourns for an only child, and grieve bitterly for him as one grieves for a firstborn son.

- **John 19:36-37 (NIV)**

³⁶ These things happened so that the scripture would be fulfilled: **“Not one of his bones will be broken.”**

³⁷ and, as another scripture says, **“They will look on the one they have pierced.”**

5) How should we partake of the communion?

- **I Corinthians 11:27-32 (NIV)**

²⁷ So then, whoever eats the bread or drinks the cup of the Lord in **an unworthy manner** will be guilty of sinning against the body and blood of the Lord.

²⁸ Everyone ought to **examine themselves** before they eat of the bread and drink from the cup.

²⁹ For those who eat and drink **without discerning the body** of Christ eat and drink judgment on themselves.

³⁰ That is why many among you are weak and sick, and a number of you have fallen asleep.

³¹ But if we were more discerning with regard to ourselves, we would not come under such judgment.

³² Nevertheless, when we are judged in this way by the Lord, we are being disciplined so that we will not be finally condemned with the world.

- a) We should partake of the communion in a worthy manner (vs 27). Meaning, we should have a proper understanding of the significance of the body and the blood of Jesus before we partake, so that we can reap all the benefits.
- b) We should be in the habit of examining ourselves when we partake. Examine ourselves on whether we do understand the purpose of our actions during the communion.

6) Why a lifestyle?

- **1 Corinthians 11:25 (NIV)**

²⁵ In the same way, **after supper** he took the cup, saying, “This cup is the new covenant in my blood; do this, whenever you drink it, in remembrance of me.”

- **Matthew 26:26 (NIV)**

²⁶ **While they were eating**, Jesus took bread, and when he had given thanks, he broke it and gave it to his disciples, saying, “Take and eat; this is my body.”

Eating is a lifestyle for everybody, therefore, partaking of the communion can be easily incorporated into our eating lifestyle. We can partake of the communion during every meal.

Purpose of the Blood of Jesus in the communion

Romans 3:24-25a (NKJV)

"being **justified** freely by [God's] grace through the **redemption** that is in Christ Jesus, whom God has set forth to be a **propitiation**, through faith, in his blood".

1) Justification

Justification means that a judge rules in your favor, that he declares you innocent.

Do you ever feel guilty, knowing you've done wrong? Do you ever wish you could get rid of the guilt and have a clean record? You need justification. Justification is the only way a guilty person can be declared innocent.

- Romans 3:26 (NIV)

²⁶ he did it to demonstrate his righteousness at the present time, so as to be **just** and the one who **justifies** those who have faith in Jesus.

If you try to earn justification, if you think you can make yourself right with God, you insult the Lord, spit on Jesus' blood, and say he died for nothing. Justification is a gift you receive, not a goal you achieve. That why Scripture speaks of "being justified freely by [God's] grace." Justification is free for us, but was not free for God. It was enormously expensive. The Lord paid a huge price.

2) Redemption

Redemption is a financial word. It means "payment." It can mean paying for someone who has been imprisoned for not paying what he owes; redemption covers his debts and gets him out of prison. Redemption can also mean paying a ransom to free a captive. Jesus said he came "to give his life as a ransom for many" (Mark 10:45). Perhaps the best brief definition of redemption is: "payment to purchase freedom."

Do you ever feel trapped by your past, knowing you can't make up for bad things you've done? Do you ever wish it could be paid for so you could be free? You need redemption. Redemption is the only way for your debts to be paid and for you to be free.

- **1 Peter 1:18-19 (NIV)**

¹⁸ For you know that it was not with perishable things such as silver or gold that you were **redeemed** from the empty way of life handed down to you from your ancestors,

¹⁹ but with **the precious blood of Christ**, a lamb without blemish or defect.

- **Acts 20:28 (NIV)**

²⁸ Keep watch over yourselves and all the flock of which the Holy Spirit has made you overseers. Be shepherds of the church of God, which he **bought with his own blood**.

- **Galatians 3:13 (NIV)**

¹³ Christ **redeemed** us from the curse of the law by becoming a curse for us, for it is written: "Cursed is everyone who is hung on a pole."

3) Propitiation

Propitiation means "to appease someone's anger." Do you ever worry that you've offended God and made God angry? Do you want to go to heaven rather than hell? You need to know about propitiation. Propitiation is the only way God's wrath against sin can be appeased without destroying you in hell.

- **Nahum 1:2-3 (NIV)**

² The LORD is a jealous and avenging God; the LORD takes vengeance and is filled with wrath. The LORD takes vengeance on his foes and vents his wrath against his enemies.

³ The LORD is slow to anger but great in power; the LORD will not leave the guilty unpunished. His way is in the whirlwind and the storm, and clouds are the dust of his feet.

- **1 John 4:10 (NKJV)**

¹⁰ In this is love, not that we loved God, but that He loved us and sent His Son *to be* the propitiation for our sins.

4) Remission (Forgiveness) of sins

- **Matthew 26:28 (NKJV)**

²⁸ For this is My blood of the new covenant, which is shed for many for the remission of sins.

5) Remembrance of Jesus' life

- **1 Corinthians 11:25 (NIV)**

²⁵ In the same way, after supper he took the cup, saying, "This cup is the new covenant in my blood; do this, whenever you drink it, in remembrance of me."

6) Covenant (New Covenant)

- **1 Corinthians 11:25 (NIV)**

²⁵ In the same way, after supper he took the cup, saying, "This cup is the new covenant in my blood; do this, whenever you drink it, in remembrance of me."

- **Mark 14:23-24 (NIV)**

²³ Then he took a cup, and when he had given thanks, he gave it to them, and they all drank from it.

²⁴ "This is my blood of the covenant, which is poured out for many," he said to them.

- **Matthew 26:27-28 (NIV)**

²⁷ Then he took a cup, and when he had given thanks, he gave it to them, saying, “Drink from it, all of you.

²⁸ This is my blood of the covenant, which is poured out for many for the forgiveness of sins.

7) Representing and Signifying and Proclaiming the Lord’s death

- **1 Corinthians 11:26 (AMPC)**

²⁶ For every time you eat this bread and drink this cup, you are representing and signifying and proclaiming the fact of the Lord’s death until He comes [again].

8) We are promised the life of God when we partake of the blood

- **John 6:54 (NIV)**

⁵⁴ Whoever eats my flesh and drinks my blood has eternal life, and I will raise them up at the last day.

9) We abide in God and God in us when we partake of the blood

- **John 6:56 (NIV)**

⁵⁶ Whoever eats my flesh and drinks my blood remains in me, and I in them.

Purpose of the Body of Jesus in the communion

1) Opening of scriptures

- Luke 24:30-35 (NIV)

³⁰ When he was at the table with them, he took bread, gave thanks, broke it and began to give it to them.

³¹ Then their eyes were opened and they recognized him, and he disappeared from their sight.

³² They asked each other, “Were not our hearts burning within us while he talked with us on the road and opened the Scriptures to us?”

2) Remembrance of Jesus’ life

- 1 Corinthians 11:24-25 (NIV)

²⁴ and when he had given thanks, he broke it and said, “This is my body, which is for you; do this in remembrance of me.”

²⁵ In the same way, after supper he took the cup, saying, “This cup is the new covenant in my blood; do this, whenever you drink it, in remembrance of me.”

3) Strong bodies, health, life

- 1 Corinthians 11:29-30 (NIV)

²⁹ For those who eat and drink without discerning the body of Christ eat and drink judgment on themselves.

³⁰ That is why many among you are weak and sick, and a number of you have fallen asleep.

4) Representing and Signifying and Proclaiming the Lord's death

- 1 Corinthians 11:26 (AMPC)

²⁶ For every time you eat this bread and drink this cup, you are **representing** and **signifying** and **proclaiming** the fact of the Lord's death until He comes [again].

5) We are promised the life of God when we partake of the bread

- John 6:48-51, 53-54, 57-58 (NIV)

⁴⁸ I am **the bread of life.**

⁴⁹ Your ancestors ate the manna in the wilderness, yet they died.

⁵⁰ But here is the bread that comes down from heaven, which anyone may **eat and not die.**

⁵¹ I am the **living** bread that came down from heaven. Whoever eats this bread will **live forever.** This bread is my flesh, which I will give for the life of the world.”

⁵³ Jesus said to them, “Very truly I tell you, unless you eat the flesh of the Son of Man and drink his blood, you have **no life** in you.

⁵⁴ Whoever eats my flesh and drinks my blood has **eternal life,** and I will raise them up at the last day.

⁵⁷ Just as the living Father sent me and I live because of the Father, so the one **who feeds on me will live** because of me.

⁵⁸ This is the bread that came down from heaven. Your ancestors ate manna and died, but whoever feeds on this bread will live forever.”

6) We abide in God and God in us when we partake of the bread.

- John 6:56 (NIV)

⁵⁶ Whoever eats my flesh and drinks my blood **remains in me, and I in them.**