

Family Friendly

“It’s Time to Eat!”

What Am I to Focus on during the Lord’s Supper?

1. Look around.

- **1 Cor. 11:17-22:** *“In the following directives I have no praise for you, for your meetings do more harm than good. ¹⁸In the first place, I hear that when you come together as a church, there are divisions among you, and to some extent I believe it. ¹⁹No doubt there have to be differences among you to show which of you have God’s approval. ²⁰So then, when you come together, it is not the Lord’s Supper you eat, ²¹for when you are eating, some of you go ahead with your own private suppers. As a result, one person remains hungry and another gets drunk. ²²Don’t you have homes to eat and drink in? Or do you despise the church of God by humiliating those who have nothing? What shall I say to you? Shall I praise you? Certainly not in this matter!”*

2. Look back.

- **1 Cor. 11:23-25:** *“For I received from the Lord what I also passed on to you: The Lord Jesus, on the night he was betrayed, took bread, ²⁴and when he had given thanks, he broke it and said, ‘This is my body, which is for you; do this in remembrance of me.’ ²⁵In 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. Look forward.

- **1 Cor. 11:26:** *“For whenever you eat this bread and drink this cup, you proclaim the Lord’s death until he comes.”*

4. Look within.

- **1 Cor. 11:27-30:** *“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. ²⁸Everyone ought to examine themselves before they eat of the bread and drink from the cup. ²⁹For those who eat and drink without discerning the body of Christ eat and drink judgment on themselves. ³⁰That is why many among you are weak and sick, and a number of you have fallen asleep.”*