



# Lord's Table Worksheet

## **I. The Lord's Table:**

A public, outward and corporate act done as a picture and reminder of what God does inside of us throughout our Christian life. IT DOES NOT SAVE US. It is a reminder to us that we believe in Jesus and His death for us and it demonstrates to others that we are choosing to continue to follow Jesus.

Read Ephesians 2:8-9. How does it say we are saved?

## **II. What happens during the Lord's Table:**

- A. By consuming the elements (commonly bread and either juice or wine) the believer takes in the body and blood of Christ in a spiritual sense, declaring their faith in and dependence upon Jesus Christ's sacrificial death for their sins.
- B. Consuming the elements serves as a memorial of Jesus' death and as a way of proclaiming his death until he returns.

## **III. Who should participate in the Lord's Table?**

- A. The Lord's Table is not for perfect people. It is for sinners who through repentance and faith have trusted in Jesus Christ as their Lord and Savior.

## **IV. Who should not participate in the Lord's Table?**

- A. Those who do not yet know Jesus as their Lord and Savior.
- B. Those who are currently living in conscious, unrepentant sin.

## **V. When do we participate in the Lord's Table at PCC?**

- A. We participate in the Lord's Table monthly during Sunday morning worship services and at other times during special services such as the Good Friday service.

## **VI. Reasons to participate in the Lord's Table:**

- A. Jesus instructed his followers to do so.
- B. It serves as a reminder of Christ's death for us.
- C. It serves as a reminder that as Christians we are united to Christ.
- D. It serves as a public declaration of our continued belief in the life giving power of Christ's death and resurrection.
- E. It serves as an opportunity for us to examine our hearts and confess sin.
- F. It serves as an opportunity for us to recognize our communal salvation.
- G. It helps us anticipate Christ's return and is a foretaste of the marriage supper of the lamb.

## **VII. Passages & Questions Related to the Lord's Table:**

- A. Read Matthew 26:26-29, Mark 14:22-25 & Luke 22:14-23
  - i. What does Jesus say about the bread of the Lord's Table? What important detail does the Gospel of Luke include?
  - ii. What does Jesus say about the wine of the Lord's Table? What important detail does the Gospel of Matthew include?

(continued on back)



**B. Read John 6:22-59**

- i. What does Jesus mean when he says that the bread he will give for the life of the world is his flesh (v.51)?
  
  
  
  
  
  
  
  
  
  
- ii. What does it look like in your life to abide in Christ and for Christ to abide in you (v.56)?

**C. Read 1 Corinthians 11:17-34**

- i. What does it mean to “proclaim the Lord’s death until he comes” (v.26)?
  
  
  
  
  
  
  
  
  
  
- ii. What are some of the consequences of partaking of the Lord’s Table in “an unworthy manner” (v.27)?

**VIII. Questions?**

If you have questions about the Lord’s Table, please contact the PCC Office (757.867.8530 or [office@pencomchap.com](mailto:office@pencomchap.com)) and one of the pastors will get in touch with you.

**IX. A Note to Parents**

- A. If your child has come to saving faith we would encourage you to talk with them through the questions and scriptures on this sheet. If they are able to grasp the meaning and significance of the Lord’s Table then it would be appropriate for you to invite them to partake of the elements along with you.
- B. If you feel that your child is ready to partake in the Lord’s Table, which marks a continuation in the Christian faith, then it is likely that they would also be ready to be baptized, which marks the beginning of one’s Christian faith (see **Baptism Preparation Worksheet**). If they are not yet ready to be baptized, then they should not yet participate in the Lord’s Table.