



**Ways to Examine Yourself**  
**November 26, 2017**  
**1 Corinthians 11:20-34**

*“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” (1 Corinthians 11:27).*

None of us are worthy enough to eat the Lord’s Supper. Indeed, Paul wrote: “All have sinned and fall short of the glory of God” (Romans 3:23). However, because we are unworthy, at Jesus’ institution of the Lord’s Supper He said, “This is my blood of the covenant, which is poured out for many for the forgiveness of sins” (Matthew 26:28). During Passover at Jesus’ last supper, He ratified a new covenant in His blood in fulfillment of Jeremiah’s prophecy: “‘The days are coming,’ declares the LORD, ‘when I will make a new covenant with the people of Israel and with the people of Judah’” (Jeremiah 31:31). Paul emphasized that people should not partake in an *unworthy manner*. By accepting God’s new covenant for the forgiveness of sins, we can eat of the bread and drink of the cup without sinning. To help us eat and drink without sinning, Paul wrote: “Everyone ought to examine themselves before they eat of the bread and drink from the cup” (1 Corinthians 11:28). By what standard do Christians

examine themselves? Two come easily to mind if we remember Jesus' great commission before He ascended into heaven (Matthew 28:18-20). First, we can ask ourselves: "Am I a disciple of Jesus? Am I trying to learn from Jesus, so I can better follow Jesus?" Second, we can ask ourselves: "Am I trying to obey everything Jesus commanded in the Bible?" If we can answer yes, during the communion service we can ask Jesus to forgive us wherever we have failed Him, and He will.

### **Thinking Further**

1. When did Jesus celebrate the first Lord's Supper?

2. What does eating of the bread mean to you?

3. What does drinking of the cup mean to you?

4. What are one or two ways we can partake of the Lord's Supper in an unworthy manner? In a worthy manner?

5. Did you learn any new truths about the Lord's Supper from your study; if so, what did you learn?

Begin or close your class by reading the short weekly *International Bible Lesson*.

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