

But if we judged ourselves truly, we would not be judged. But when we are judged by the Lord, we are disciplined so that we may not be condemned along with the world. 1 Corinthians 11:31–32 (ESV)

“For the Lord disciplines the one he loves, and chastises every son whom he receives.” Hebrews 12:6 (ESV)

So then, my brothers, when you come together to eat, wait for one another— if anyone is hungry, let him eat at home—so that when you come together it will not be for judgment. About the other things I will give directions when I come.
1 Corinthians 11:33–34 (ESV)

Conclusion

- We should take the Lord's Supper seriously, not casually. It is a chance to focus on our relationship with Jesus and with one another, and to make sure they are right.
- The Lord's Supper is the blessing of recommitting and reconnecting with Jesus.
- We should examine ourselves before we take the supper. If we are living in sin or brokenness with other Christians, the Supper is an opportunity to repent, so God won't need to discipline and correct us.
- Sunday is not the only time we can/should celebrate the Lord's Supper.

Life Group Questions

1. **Read 1 Corinthians 11:17-34.** What stuck out to you from the message?
2. **Read 1 Corinthians 11:24-25.** The Hebrew concept of “remembrance” meant reliving a moment with your whole heart, not a brief mental recall. How does that change the way you approach the Lord's Supper?
3. The early church celebrated communion daily, then weekly, and now many churches celebrate it monthly. What do you think is lost or gained by doing it less frequently?
4. Paul calls us to examine ourselves before taking the Lord's Supper. What does that look like in practice for you?
5. **Read 1 Corinthians 11:18-19.** Paul says that factions in the church are inevitable and even serve a purpose — to reveal who is proven genuine in the faith. How have you seen church conflicts manifest the authenticity of someone's relationship with Jesus?
6. The idea that God made some Corinthians sick and even took others home to heaven because of their sin is a sobering claim. Have you ever experienced what you believed was God's discipline in your life? Looking back, how did you respond to it?
7. Kurt pointed out that the Lord's Supper doesn't have to be limited to Sunday mornings — that fathers can lead it at home. It can also happen in small groups. Does that feel right to you, or does it feel like it loses something outside of Sunday morning?

1. Background

So those who received his word were baptized, and there were added that day about three thousand souls. And they devoted themselves to the apostles' teaching and the fellowship, to the breaking of bread and the prayers. Acts 2:41–42 (ESV)

And day by day, attending the temple together and breaking bread in their homes, they received their food with glad and generous hearts,... Acts 2:46 (ESV)

On the first day of the week, when we were gathered together to break bread, Paul talked with them, intending to depart on the next day, and he prolonged his speech until midnight. Acts 20:7 (ESV)

So then, my brothers, when you come together to eat, wait for one another
1 Corinthians 11:33 (ESV)

...if anyone is hungry, let him eat at home—so that when you come together it will not be for judgment... 1 Corinthians 11:34 (ESV)

But in the following instructions I do not commend you, because when you come together it is not for the better but for the worse. 1 Corinthians 11:17 (ESV)

2. The _____ Of The Lord's Supper

For, in the first place, when you come together as a church, I hear that there are divisions among you. And I believe it in part,... 1 Corinthians 11:18 (ESV)

...for there must be factions among you in order that those who are genuine among you may be recognized. 1 Corinthians 11:19 (ESV)

...but just as we have been approved by God to be entrusted with the gospel... 1 Thessalonians 2:4 (ESV)

Blessed is the man who remains steadfast under trial, for when he has stood the test he will receive the crown of life, which God has promised to those who love him. James 1:12 (ESV)

As for a person who stirs up division, after warning him once and then twice, have nothing more to do with him,... Titus 3:10 (ESV)

And he said to his disciples, "Temptations to sin are sure to come, but woe to the one through whom they come! It would be better for him if a millstone were hung around his neck and he were cast into the sea..." Luke 17:1-2 (ESV)

When you come together, it is not the Lord's supper that you eat. 1 Corinthians 11:20 (ESV)

For in eating, each one goes ahead with his own meal. One goes hungry, another gets drunk. 1 Corinthians 11:21 (ESV)

What! Do you not have houses to eat and drink in? Or do you despise the church of God and humiliate those who have nothing? What shall I say to you? Shall I commend you in this? No, I will not. 1 Corinthians 11:22 (ESV)

3. The _____ Of The Lord's Supper

For I received from the Lord what I also delivered to you,... 1 Corinthians 11:23 (ESV)

...that the Lord Jesus on the night when he was betrayed took bread, 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." 1 Corinthians 11:23-24 (ESV)

In the same way also he took the cup, after supper, saying, "This cup is the new covenant in my blood. Do this, as often as you drink it, in remembrance of me." 1 Corinthians 11:25 (ESV)

For as often as you eat this bread and drink the cup, you proclaim the Lord's death until he comes. 1 Corinthians 11:26 (ESV)

4. The _____ For The Lord's Supper

Whoever, therefore, eats the bread or drinks the cup of the Lord in an unworthy manner will be guilty concerning the body and blood of the Lord. 1 Corinthians 11:27 (ESV)

1. Don't just go through the motions. Concentrate on Jesus and what He did for us.
2. Don't come to the table with bitterness or broken relationships that you are not attempting to heal
3. Don't come to the table living in sin without repenting of sin.

The cup of blessing that we bless, is it not a participation in the blood of Christ? The bread that we break, is it not a participation in the body of Christ? 1 Corinthians 10:16 (ESV)

Let a person examine himself, then, and so eat of the bread and drink of the cup. 1 Corinthians 11:28 (ESV)

For anyone who eats and drinks without discerning the body eats and drinks judgment on himself. 1 Corinthians 11:29 (ESV)

That is why many of you are weak and ill, and some have died. 1 Corinthians 11:30 (ESV)