

Heidelberg Catechism

LORD'S DAY 28

Question 75. How are thou admonished and assured in the Lord's Supper, that thou are a partaker of that one sacrifice of Christ, accomplished on the cross, and of all his benefits?

Answer. Thus: That Christ has commanded me and all believers, to eat of this broken bread, and to drink of this cup, in remembrance of him, [a] adding these promises: first, that his body was offered and broken on the cross for me, and his blood shed for me, as certainly as I see with my eyes, the bread of the Lord broken for me, and the cup communicated to me; and further, that he feeds and nourishes my soul to everlasting life, with his crucified body and shed blood, as assuredly as I receive from the hands of the minister, and taste with my mouth the bread and cup of the Lord, as certain signs of the body and blood of Christ.

Question 76. What is it then to eat the crucified body, and drink the shed blood of Christ?

Answer. It is only to embrace with a believing heart all the sufferings and death of Christ, and thereby to [b] obtain the pardon of sin, and life eternal; but also, besides that, to become more and more [c] united to his sacred body, by the Holy Ghost, who dwells both in Christ and in us; [d] so that we, though Christ is in heaven and we on earth, are notwithstanding "Flesh of his flesh, and bone [e] of his bone"; and that we live, [f] and are governed forever by one spirit, as members of the same body are by one soul.

Question 77. Where has Christ promised that he will as certainly feed and nourish believers with his body and blood, as they eat of this broken bread, and drink of this cup?

Answer. In the institution of the supper, which is thus expressed: [g] "The Lord Jesus, the same night in which he was betrayed, took bread, and when he had given thanks, he brake it, and said: eat, this is my body, which is broken for you; this do in remembrance of me. After the same manner also he took the cup, when he had supped, saying: this [h] cup is the new testament in my blood; [i] this do ye, as often as ye drink it, in remembrance of me. For, as often as ye eat this bread, and drink this cup, ye do show the Lord's death till he come." This promise is repeated by the holy apostle Paul, where he says: [j] "The cup of blessing which we bless, is it not the communion of the blood of Christ? The bread which we break, is it not the communion of the body of Christ? For we,

being many, are one bread and one body; because we are all partakers of that one bread."

[a]: Mat. 26:26,27,28; Mark 14:22,23,24; Luke 22:19,20; 1Cor. 10:16,17; 1Cor 11:23,24,25

[b]: John 6:35,40,47,48,50,51,53,54

[c]: John 6:55,56

[d]: Acts 3:21; Acts 1:9,10,11; 1Cor 11:26

[e]: Eph. 5:29,30,31,32; 1Cor. 6:15,17,19; 1John 3:24

[f]: John 6:56,57,58; Eph. 4:15,16

[g]: 1Cor. 11:23; Mat. 26:26; Mark 14:22; Luke 22:19

[h]: Ex. 24:8; Heb. 9:20

[i]: Ex. 13:9; 1Cor. 11:26

[j]: 1Cor. 10:16,17

Name : _____

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Vocabulary

Please define the following words/terms in the context of the Heidelberg Catechism, Lord's Day 28:

Lord's Supper : _____

Believers : _____

Offered : _____

Certainly : _____

Bread of the Lord : _____

Nourishes : _____

Bread : _____

Name : _____

Cup of the Lord : _____

Crucified body : _____

Shed blood of Christ : _____

Broken bread : _____

Supper : _____

Remembrance : _____

Promise : _____

Name : _____

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Scripture Reading/Comprehension

Please read the following Bible passages and answer the questions:

1. 1Cor. 10:16,17

What does it mean to participate in the blood and body of Christ?
Please explain.

2. Mat. 26:26-28

Are you really eating the fleshly body of Christ and drinking his blood when you partake of the bread and wine? Please explain.

Name : _____

3. John 6:35,40,47,48,50,51,53,54

How is Jesus Christ the bread of life? Is it really true that we will never be hungry or thirsty? Please explain.

4. 1Cor. 11:23-26

Is the Lord's Supper only meant to remember Christ's broken body and shed blood on the cross? What does it mean to "proclaim the Lord's death until he comes"?
