

Part 3: Do I Believe what the Bible says about the Lord's Supper?

8. **Are the elements of the Lord's Supper bread, body, wine, and blood?** Y N

Note the underlined words: "Is not the cup [wine] of thanksgiving for which we give thanks a participation in the blood of Christ? And is not the bread that we break a participation in the body of Christ?" (1Co. 10:16 NIV).

9. **Is the main benefit of the Supper the assurance of the forgiveness of sins?** Y N

Jesus told us the benefit: "'Take, eat; this is My body.' ... 'Drink from it, all of you; for this is My blood of the covenant, which is poured out for many for forgiveness of sins.'" (Mt. 26:26-28 NAS-95).

Summary: Since all have sinned (Rom. 3:23), Jesus gave His body and shed His blood to provide forgiveness. In the Lord's Supper, by the power of God, Jesus' given body has been united to the bread and Jesus' shed blood has been united to the wine. Since Christians cannot live sinless lives (Eccl. 7:20), the Lord's Supper is God's way of assuring us that – *in Christ* – we are forgiven. Do you

believe such things? If not, let's schedule a time to talk!

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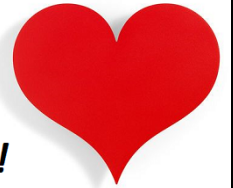
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Lord's Supper Self-Examination

Please Use These 9 Questions to Examine Your Heart...

Before Receiving the Lord's Supper!



Introduction

Dear Friends!

The Supper can certainly give us much assurance that our sins are forgiven through Jesus, *but self-examination is essential*: "Let a person examine himself" (1Co. 11:28 ESV).

Therefore, go through the 9 questions below – not saying what you know to be best, but admitting the true condition of your heart.

Part 1: Am I a Christian?

1. **Do I believe the Bible is true?** Y N

Jesus prayed to His Father: "Your word is truth" (John 17:17 NAS-95).

2. **Am I sorry for my sins** (admitting them and wanting to turn from them)? Y N

Godly sorrow is essential: "...the sorrow that is according to *the will of God* produces a repentance without regret, leading to salvation..." (2Co. 7:10 NAS-95).

3. **Am I trusting in Jesus alone** (in who He is – the Son of God, and what He did – living as my sinless substitute, receiving my sins and eternal punishment, and laying down His life) **for my entrance into heaven?** Y N

Regarding Jesus: "...there is salvation in no one else; for there is no other name under heaven that has been given among men by which we must be saved" (Acts 4:12 NAS-95).

4. **Am I baptized?** Y N

God works through baptism: "He [God the Father] saved us... by the washing of regeneration and renewing by the Holy Spirit" (Tit. 3:5 NAS-95).

All people are included: "Go... and make disciples of all the nations, baptizing them in the name of the Father and the Son and the Holy Spirit..." (Matt. 28:19 NAS-95).

All ages are included: "...be baptized in the name of Jesus Christ for the forgiveness of your sins; and you will receive the gift of the Holy Spirit. For the promise is for you and your children..." (Acts 2:38-39 NAS-95).

Saved adults desire baptism: "As they went along the road they came to some water; and the eunuch said, 'Look! Water! What prevents me from being baptized?'" (Acts 8:36 NAS-95).

5. **Do I desire to live for Christ?** Y N

It's amazing to be in Christ: From dead in sins to alive in Christ; from hell bound to heaven bound; from fear to peace; and much more! "[Jesus] died for all, so that they who live might no longer live for themselves, but for Him who died and rose again on their behalf" (2Co. 5:15 NAS-95).

Summary: A Christian knows the Bible is true, is sorry for his sins, is trusting in Jesus alone for eternal life, has been baptized into Christ, and desires to live for Christ! If those things are true for you, *then you are a Christian!* If not, let's schedule a time to talk!

Part 2: Am I Right with Others?

6. **Am I reconciled with others?** Y N

Do your part to work things out: "If possible, so far as it depends on you, be at peace with all men" (Rom. 12:18 NAS-95).

7. **Am I forgiving others?** Y N

It is vital to extend forgiveness: Jesus said, "...if you hold anything against anyone, forgive him, so that your Father in heaven may forgive you your sins" (Mk 11:25 NIV).

Summary: Even if others refuse to reconcile or accept our forgiveness, *it is vital for us to try to work things out and extend forgiveness!* Are such things true in your life? If not, repent!