

# Lord's Day 28

## Heidelberg Catechism

### The Second Part – Of Man's Deliverance – Of The Holy Supper Of Our Lord Jesus Christ

#### Question 75

How art thou admonished and assured in the Lord's Supper that thou art 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, 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.<sup>1</sup>

*(Continued...)*

#### 1 Matt. 26:26–28

And as they were eating, Jesus took bread, and blessed it, and brake it, and gave it to the disciples, and said, Take, eat; this is my body. And he took the cup, and gave thanks, and gave it to them, saying, Drink ye all of it; For this is my blood of the new testament, which is shed for many for the remission of sins.

#### Mark 14:22–24

And as they did eat, Jesus took bread, and blessed, and brake it, and gave to them, and said, Take, eat: this is my body. And he took the cup, and when he had given thanks, he gave it to them: and they all drank of it. And he said unto them, This is my blood of the new testament, which is shed for many.

#### Luke 22:19, 20

And he took bread, and gave thanks, and brake it, and gave unto them, saying, This is my body which is given for you: this do in remembrance of me. Likewise also the cup after supper, saying, This cup is the new testament in my blood, which is shed for you.

#### 1 Cor. 10:16, 17

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: for we are all partakers of that one bread.

#### 1 Cor. 11:23–25

For I have received of the Lord that which also I delivered unto you, That the Lord Jesus the same night in which he was betrayed took bread: And when he had given thanks, he brake it, and said, Take, 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 cup is the new testament in my blood: this do ye, as oft as ye drink it, in remembrance of me.

## Question 76

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

### Answer

It is not only to embrace with a believing heart all the sufferings and death of Christ, and thereby to obtain the pardon of sin and life eternal;<sup>2</sup> but also, besides that, to become more and more united to His sacred body by the Holy Ghost, who dwells both in Christ and in us;<sup>3</sup> so that we, though Christ is in heaven and we on earth,<sup>4</sup> are notwithstanding *flesh of his flesh, and bone of his bone*;<sup>5</sup> and that we live and are governed forever by one Spirit, as members of the same body are by one soul.<sup>6</sup>

(Continued...)

#### 6 John 6:56–58

He that eateth my flesh, and drinketh my blood, dwelleth in me, and I in him. As the living Father hath sent me, and I live by the Father: so he that eateth me, even he shall live by me. This is that bread which came down from heaven: not as your fathers did eat manna, and are dead: he that eateth of this bread shall live for ever.

#### Eph. 4:15, 16

But speaking the truth in love, may grow up into him in all things, which is the head, even Christ: From whom the whole body fitly joined together and compacted by that which every joint supplieth, according to the effectual working in the measure of every part, maketh increase of the body unto the edifying of itself in love.

#### 2 John 6:35

And Jesus said unto them, I am the bread of life: he that cometh to me shall never hunger; and he that believeth on me shall never thirst.

#### John 6:40

And this is the will of him that sent me, that every one which seeth the Son, and believeth on him, may have everlasting life: and I will raise him up at the last day.

#### John 6:47, 48

Verily, verily, I say unto you, He that believeth on me hath everlasting life. I am that bread of life.

#### John 6:50, 51

This is the bread which cometh down from heaven, that a man may eat thereof, and not die. I am the living bread which came down from heaven: if any man eat of this bread, he shall live for ever: and the bread that I will give is my flesh, which I will give for the life of the world.

#### John 6:53, 54

Then Jesus said unto them, Verily, verily, I say unto you, Except ye eat the flesh of the Son of man, and drink his blood, ye have no life in you. Whoso eateth my flesh, and drinketh my blood, hath eternal life; and I will raise him up at the last day.

#### 3 John 6:55, 56

For my flesh is meat indeed, and my blood is drink indeed. He that eateth my flesh, and drinketh my blood, dwelleth in me, and I in him.

#### 4 Acts 3:21

Whom the heaven must receive until the times of restitution of all things, which God hath spoken by the mouth of all his holy prophets since the world began.

#### Acts 1:9–11

And when he had spoken these things, while they beheld, he was taken up; and a cloud received him out of their sight. And while they looked stedfastly toward heaven as he went up, behold, two men stood by them in white apparel; Which also said, Ye men of Galilee, why stand ye gazing up into heaven? this same Jesus, which is taken up from you into heaven, shall so come in like manner as ye have seen him go into heaven.

#### 1 Cor. 11:26

For as often as ye eat this bread, and drink this cup, ye do shew the Lord's death till he come.

#### 5 Eph. 5:29–32

For no man ever yet hated his own flesh; but nourisheth and cherisheth it, even as the Lord the church: For we are members of his body, of his flesh, and of his bones. For this cause shall a man leave his father and mother, and shall be joined unto his wife, and they two shall be one flesh. This is a great mystery: but I speak concerning Christ and the church.

#### 1 Cor. 6:15

Know ye not that your bodies are the members of Christ? Shall I then take the members of Christ, and make them the members of an harlot? God forbid.

#### 1 Cor. 6:17

But he that is joined unto the Lord is one spirit.

#### 1 Cor. 6:19

What? Know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own?

#### 1 John 3:24

And he that keepeth his commandments dwelleth in him, and he in him. And hereby we know that he abideth in us, by the Spirit which he hath given us.

## 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:<sup>7</sup> *The Lord Jesus, the same night in which he was betrayed, took bread, and when he had given thanks, he brake it, and said: Take, 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 cup is the new testament in my blood;<sup>8</sup> 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.*<sup>9</sup>

This promise is repeated by the holy apostle Paul, where he says: *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.*<sup>10</sup>

### 7 1 Cor. 11:23 ff.

For I have received of the Lord that which also I delivered unto you, That the Lord Jesus the same night in which he was betrayed took bread:

#### Matt. 26:26

And as they were eating, Jesus took bread, and blessed it, and brake it, and gave it to the disciples, and said, Take, eat; this is my body.

#### Mark 14:22

And as they did eat, Jesus took bread, and blessed, and brake it, and gave to them, and said, Take, eat: this is my body.

#### Luke 22:19

And he took bread, and gave thanks, and brake it, and gave unto them, saying, This is my body which is given for you: this do in remembrance of me.

### 8 Ex. 24:8

And Moses took the blood, and sprinkled it on the people, and said, Behold the blood of the covenant, which the LORD hath made with you concerning all these words.

#### Heb. 9:20

Saying, This is the blood of the testament which God hath enjoined unto you.

### 9 Ex. 13:9

And it shall be for a sign unto thee upon thine hand, and for a memorial between thine eyes, that the LORD's law may be in thy mouth: for with a strong hand hath the LORD brought thee out of Egypt.

#### 1 Cor. 11:26

For as often as ye eat this bread, and drink this cup, ye do shew the Lord's death till he come.

### 10 1 Cor. 10:16, 17

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: for we are all partakers of that one bread.