



So Jesus said again, “I tell you the truth, unless you eat the flesh of the Son of Man and drink his blood, you cannot have eternal life within you. But anyone who eats my flesh and drinks my blood has eternal life, and I will raise that person at the last day. For my flesh is true food, and my blood is true drink. Anyone who eats my flesh and drinks my blood remains in me, and I in him. I live because of the living Father who sent me; in the same way, anyone who feeds on me will live because of me.

John 6:53-57 (NLT)

WHEN SHOULD I TAKE THE LORD'S SUPPER?

1 Corinthians 11:23-30

1. When the church body assembles for worship on Sunday (See Acts 2:42-47)

On the first day of the week, we all met together to break bread, and Paul spoke to the group. Because he was planning to leave the next day, he kept on talking until midnight.

Acts 20:7 (NCV)

Even though we don't have a direct command to take it on Sundays—the practice makes sense because so many of the most important events of Christianity occurred on the first day of week:

- Jesus Christ was raised from the dead on the first day of the week (Matthew 28:1)
- The church of Jesus Christ was started on Pentecost – which was the first day of the week (Acts 2:1)
- An offering was to be taken every first day of the week (1 Corinthians 16:2)
- The Apostle John received the vision of the Revelation on the “Lord’s Day (Revelation 1:5)

2. When I understand that Christ has made me “worthy” to take it

But God is faithful and fair. If we admit that we have sinned, he will forgive us our sins. He will forgive every wrong thing we have done. He will make us pure.

1 John 1:9 (NIRV)

3. When I have prepared my heart...

But the words that come out of your mouth come from your heart. And they are what make you unfit to worship God. Out of your heart come evil thoughts, murder, unfaithfulness in marriage, vulgar deeds, stealing, telling lies, and insulting others. These are what make you unclean.

Matthew 15:18-20a (CEV)

By asking God to:

- **Cleanse my heart**

And I will give you a new heart, and I will put a new spirit in you. I will take out your stony, stubborn heart and give you a tender, responsive heart. And I will put my Spirit in you so that you will follow my decrees and be careful to obey my regulations.

Ezekiel 36:26-27 (NLT)

- **Protect my heart**

Guard your heart above all else, for it determines the course of your life

Proverbs 4:23 (NLT)

- **Open my heart**

So he got up from the table, took off his robe, wrapped a towel around his waist, and poured water into a basin. Then he began to wash the disciples' feet, drying them with the towel he had around him...I have given you an example to follow. Do as I have done to you

John 13:4,5,15 (NLT)