

*There were three main elements in the Lord's supper as instituted by Jesus Christ. The first was foot washing as a symbol of humility. Secondly was the partaking of the bread which was a symbol of Christ's broken body. Thirdly was the wine or grape juice which was a symbol of Christ's spilt blood. All these are public expressions of the acceptance of Jesus Christ in the heart and Jesus has asked us to remember Him via the Lord's supper until He comes again.*

### 1. What is symbolised by the act of foot washing?

**John 13:3-5** Jesus ... got up from the meal, took off his outer clothing, and wrapped a towel around his waist. After that, he poured water into a basin and began to wash his disciples' feet, drying them with the towel that was wrapped around him.

**John 13:8** "No," said Peter, "you shall never wash my feet." Jesus answered, "Unless I wash you, you have no part with me."

**Fact:** The role of washing the feet of guests belonged to a servant and therefore is an act of humility, especially for the Majesty of heaven. Jesus wants us to follow His example in preparation for the Lord's supper (John 13:14). He strongly highlighted the importance of foot washing in John 13:8.

### 2. What is symbolised by the bread and the wine?

**Luke 22:19** And he took bread, gave thanks and broke it, and gave it to them, saying, "This is my body given for you; do this in remembrance of me."

**Luke 22:20** In the same way, after the supper he took the cup, saying, "This cup is the new covenant in my blood, which is poured out for you.

**Fact:** Jesus invited His disciples to partake of the bread and the wine, with humility of heart, in order to remember the sacrifice of His body and blood that He gave for them as well as for all future peoples who would accept Him as their savior.

### 3. What should we do in preparation for the Lord's supper?

**1 Cor 11:27-29** So then, whoever eats the bread or drinks the cup of the Lord in an unworthy manner will be guilty of sinning against the body and blood of the Lord. Everyone ought to examine themselves before they eat of the bread and drink from the cup. For those who eat and drink without discerning the body of Christ eat and drink judgment on themselves.

**Fact:** The Bible tells us that partaking of the Lord's supper is not a trivial matter and each person should examine their own hearts before partaking. A commitment to the Lord and confession to Him of inward sin such as pride, jealousy or selfishness is an ideal preparation for sharing in the Lord's supper.

### Conclusion

The Seventh-day Adventist church practices open communion. This means that all believers may share the Lord's supper at the Adventist table. Recognising that the existing membership of the church does not have the ability to discern the motives of the heart, the responsibility for suitability and preparation for partaking in the Lord's supper is left to the individual. The church does take responsibility however of ensuring the individual has sufficient knowledge of the Biblical expectations.

## **Seventh-day Adventists Believe:**

*The Lord's Supper is a participation in the emblems of the body and blood of Jesus as an expression of faith in Him, our Lord and Saviour. In this experience of Communion Christ is present to meet and strengthen His people. As we partake, we joyfully proclaim the Lord's death until He comes again. Preparation for the Supper includes self-examination, repentance, and confession. The Master ordained the service of foot washing to signify renewed cleansing, to express a willingness to serve one another in Christlike humility, and to unite our hearts in love. The Communion service is open to all believing Christians.*

## **Fundamental Belief No. 16**

### **Review Exercises**

#### **John 13:3-5**

Jesus knew that the \_\_\_\_\_ had put all things under his \_\_\_\_\_, and that he had \_\_\_\_\_ from God and was \_\_\_\_\_ to God; so he got up from the \_\_\_\_\_, took off his outer \_\_\_\_\_, and wrapped a \_\_\_\_\_ around his waist. After that, he poured \_\_\_\_\_ into a \_\_\_\_\_ and began to \_\_\_\_\_ his disciples' \_\_\_\_\_, \_\_\_\_\_ them with the towel that was wrapped around him.

#### **John 13:8**

"\_\_\_\_," said Peter, "you shall \_\_\_\_\_ my \_\_\_\_\_." Jesus answered, "\_\_\_\_\_ I \_\_\_\_\_ you, you have \_\_\_\_\_ with me."

#### **John 13:14**

Now that I, your \_\_\_\_\_ and \_\_\_\_\_, have \_\_\_\_\_ your feet, you also should \_\_\_\_\_ one another's \_\_\_\_\_.

#### **Luke 22:19**

And he took \_\_\_\_\_, gave \_\_\_\_\_ and broke it, and gave it to them, saying, "This is my \_\_\_\_\_ given for \_\_\_\_\_; do this in \_\_\_\_\_ of me."

#### **Luke 22:20**

In the \_\_\_\_\_ way, after the \_\_\_\_\_ he took the \_\_\_\_\_, saying, "This cup is the \_\_\_\_\_ in my \_\_\_\_\_, which is \_\_\_\_\_ out for you.

#### **1 Corinthians 11:27-29**

So then, whoever \_\_\_\_\_ the \_\_\_\_\_ or \_\_\_\_\_ the \_\_\_\_\_ of the Lord in an \_\_\_\_\_ manner will be guilty of \_\_\_\_\_ against the body and blood of the \_\_\_\_\_. Everyone ought to \_\_\_\_\_ themselves \_\_\_\_\_ they eat of the bread and drink from the cup. For those who eat and drink without \_\_\_\_\_ the body of Christ eat and drink \_\_\_\_\_ on themselves.