

**Heidelberg Catechism, Lord's Day 29, "The Lord's Supper, Part 2"**

Scripture Lesson: Matthew 26:17-30

<b>Lesson Aim</b>	To understand that participation in the Lord's Supper means we have a deeper belief that Christ's sacrifice was for me and that participation means Christian growth.
<b>Steps to Learning</b>	Read the <a href="#">Heidelberg Catechism Lord's Day 29</a> and <a href="#">Matthew 26:17-30</a> . Discuss the sermon and the particulars of the lesson below. It may be best to work through the material over several days or sessions.
<b>Discuss</b>	<p><b>How would you summarize the four positions on the Lord's Supper that were discussed in the sermon?</b></p> <ul style="list-style-type: none"><li>- <b>Roman Catholic:</b> This position holds to "transubstantiation," which refers to the belief that the elements of bread and wine, after they are consecrated, appear outwardly the same (the "accidents") but in actuality have been changed into the physical body and blood of Christ. Also, Christ is re-sacrificed in the Mass;</li><li>- <b>Lutheran:</b> This position holds that Christ's true body and blood are received in the elements of bread and wine;</li><li>- <b>Zwinglians:</b> Zwingli argued that Christ is spiritually present to believers in the meal (essentially, the Supper is a memorial);</li><li>- <b>Reformed:</b> our position is that the Bible teaches that Christ is spiritually present in the faithful partaking of the Supper.</li></ul> <p><b>According to Matthew chapter 26, what does Jesus mean when he says that the bread is his body, and the wine is his blood?</b></p> <p>Jesus is using sacramental language to communicate that in the participation of the Lord's Supper, by the power of the Holy Spirit, Christ and the saving benefits of his sacrifice on the cross are really and truly offered to Christians. As certainly as faithful participants see the bread and the wine, so certainly are they assured that their sins are forgiven as they eat the bread and drink the wine.</p> <p><b>What do we mean practically when we say Christ is spiritually present in the Lord's Supper?</b></p> <p>We mean that the Holy Spirit really and truly communicates to us the saving benefits of Christ's historical sacrifice on the cross. That is, as we have true faith and eat the bread and drink the wine, we have a deeper appreciation and belief that our sins are taken away, that are sins are forgiven. In addition, we are brought into a deeper union with the risen Christ. That is, we actually and truly grow in our faith, we become more like Jesus Christ in his character.</p>
<b>Bible Reading</b>	<a href="#">Psalm 127-134</a> (Reading through the Psalms)