

LORD'S SUPPER GUIDE

MARCH 2018



The Lord's Supper shall be done once a month in the Dgroup along with the monthly prayer meeting. It shall be held at the end of the prayer time.

INSTRUCTIONS TO THE DGROUP LEADER:

1. Assign a member to prepare the elements:
 - a. Any one whole piece of cracker or bread (preferably without yeast).
 - b. Grape juice -- one big cup or bottle and many small cups (one for each member).
2. Announce the celebration of the Lord's Supper.
3. Lead the short devotion below.*
4. Thank God the Father for sending His Son as a sacrifice for our sins. Break the cracker or bread and say, "This reminds us of Jesus' body which was broken for us." Distribute the pieces and eat.
5. Pour the grape juice into the cups and say, "This reminds us of Jesus' blood which was shed for us." Distribute the cups and drink.
6. Close in prayer.

Please encourage all your members to individually pray and fast once a week (fasting one meal per week will do). You can share your answered prayers on the following month's prayer meeting.

SHORT DEVOTION

1. Hebrews 11 is the great "Faith Chapter" which defines, explains, and illustrates faith. The first example of a life of faith is taken from the account of Cain and Abel in Genesis 4. *"By faith Abel offered to God a better sacrifice than Cain, through which he obtained the testimony that he was righteous, God testifying about his gifts, and through faith, though he is dead, he still speaks."* Hebrews 11:4 (NASB). What is faith based on the example of Cain and Abel?
2. Explain the following points to your members:
 - a. Although Genesis 4 does not say why God rejected Cain's offering and accepted Abel's, Hebrews 11:4 clearly state that Abel's sacrifice was "better" or "superior" or "more excellent". This offering testifies to Abel's righteousness. This means that whatever the offerings of Cain and Abel were, Abel offered his with a righteous heart while Cain apparently offered his sacrifice with a heart that did not please God, In fact, Cain's attitude showed in his angry response to God and, later, in his murder of Abel.
 - b. What does this tell us? Our spiritual condition is manifested in our attitude to God and to others. Those who have a high regard for God give their best to Him: They give God the best of their time, energy, and offerings. They also diligently try to know what God wants and desire to please Him through a life of obedience. As to their dealings with people, those who have a high view of God respect the people of God and not envy or jealous of them.
3. Ask them to reflect on these. (2 minutes)
 - a. With these things in mind, how should we approach the celebration of The Lord's Supper knowing that it is a symbol and a visible remembrance of who God is and what He has done?
 - b. The "way of Cain" mentioned in Jude 1:11 suggests a worldly and self-centered lifestyle. How does this compare with our attitude towards the world and the things of this world?
 - c. Before partaking of the Lord's Table, we must allow the Holy Spirit to search our hearts and bring to our remembrance things that are not pleasing to God. As we are reminded of these things, let us confess this to God, ask for His forgiveness, and thank Him for His goodness and grace.

All Dgroups are encouraged to devote their first meeting of the month to a time of prayer and commemoration of the Lord's Supper.