

**Intro:** READ WLC Q&A 175.

**Main Point of Text:** Because David trusts in the Lord for his heart's strength and protection, God fills it with joyful praise.

**Sermon Point:** *Be Encouraged by God and Enjoy Him Forever After Supper.*

**Move 1:** *You should leave the Lord's Supper spiritually satisfied.*

LC: "find quickening and comfort": 2 Chron. 30:21-26 rejoicing in the Passover Meal (followed remorseful reform). So in the NT Lord's Supper, Acts 2:42, 46-47: *And they continued steadfastly in ... fellowship, and in breaking of bread ... and ... did eat their meat with gladness and singleness of heart, Praising God ...*

LC: "if they find ... bless God for it, beg the continuance of it, watch against relapses, fulfill their vows, and encourage themselves to a frequent attendance on that ordinance".

**Move 2:** *If you leave unsatisfied, give it some time for the Spirit to settle your spirit.*

LC: "but if they find no present benefit, more exactly to review their preparation to, and carriage at, the sacrament, in both which, if they can approve themselves to God and their own consciences, they are to wait for the fruit of it in due time": A lack of immediate experience may only be a time delay. Waiting for the blessing may have its convicting and strengthening purposes: Isa. 30:18; Ps. 123:1-2; Ps. 42:5, 8.

**Move 3:** *But if you remain unfulfilled, it could be due to your own failure to truly fellowship.*

LC: "but, if they see they have failed in either, they are to be humbled": 2 Chronicles 30:18-19. Situation limited some re: RPW, but God accounted for reform/humility.

LC: "attend upon it afterward with more care and diligence": Isa. 1:16-18; 51:3.

**Move 4:** *Be purposeful about your partaking so that your heart is filled up with Jesus Christ.*

LC: "is seriously to consider how they have behaved themselves therein, and with what success". Psalm 28:7. Should be able to say this after the L.S. as your experience. Syllogism to prove its reliable witness:

- Major premise (predicate): *In Him trusts my heart (inner man), and I am helped.*
- Minor premise (subject): *And triumphs/exalts my heart and with my song I praise Him.*
- Conclusion: *The LORD is my strength (power/fortress) and my shield [context: under attack].*

**Conclusion:**

*Be Encouraged by God and Enjoy Him Forever After Supper.*