

**Intro:**

READ WLC Q&A 174

Main Point of Text: We should be ever more modest and pious in our worship than the Old Testament saints at Mt. Sinai, for Christ has gone much higher and closer to God's holy presence on Mt. Zion to represent us.

Sermon Point: *Eat and drink with modest and pious praise.*

**Move 1: Remember Christ's body in the bread and in your fellowship.**

LC: "in renewing of their covenant with God, and love to all the saints": like a marriage agreement and renewal of vows. **Act 2:42:** ... *they continued stedfastly in the apostles' doctrine and fellowship, and in breaking of bread, and in prayers.* Ps. 116:16, 18: *I will pay my vows unto the LORD now in the presence of all his people.* Vs. 13: *I will take the cup of salvation, and call upon the name of the LORD.*

**Move 2: Satisfy yourself on Christ in the Supper.**

LC: "and thereby stir up themselves to a vigorous exercise of their graces; in

- "... feeding on him by faith," Jn. 6:35 *And Jesus said unto them, I am the bread of life: he that cometh to me shall never hunger; and he that believeth on me shall never thirst.*
- "receiving of his fulness," Jn. 1:16 *And of his fulness have all we received, and grace for grace.*
- "trusting in his merits," Rom. 1:16-17: ... *the gospel of Christ ... is the power of God unto salvation to every one that believeth ... For therein is the righteousness of God revealed ...*
- "rejoicing in his love, giving thanks for his grace;": Psa 22:26: *The meek shall eat and be satisfied: they shall praise the LORD that seek him: your heart shall live for ever.* Why called Eucharist, Gk: "thanksgiving".

**Move 3: To eat and drink of Christ, develop your appetite for Him.**

LC: "and thereby stir up themselves to a vigorous exercise of their graces":

- "in judging themselves, and sorrowing for sin;" 1 Cor. 10:1-5. ... *brethren, I would not that ye should be ignorant, how that all our fathers ... did all eat the same spiritual meat; And did all drink the same spiritual drink: for they drank of that spiritual Rock that followed them: and that Rock was Christ. But with many of them God was not well pleased: for they were overthrown in the wilderness.*
- "in earnest hungering and thirsting after Christ": Rev. 22:17: ... *let him that is athirst come. And whosoever will, let him take the water of life freely.* Ps. 42:1-2: *As the hart panteth after the water brooks, so panteth my soul after thee, O God. My soul thirsteth for God, for the living God ...*

**Move 4: Pay close attention to the body and blood of Christ served to you.**

LC: “diligently observe the sacramental elements and actions”: Mt. 26:26-28: *And as they were eating, Jesus took bread, and blessed it, and brake it, and gave it to the disciples, and said, Take, eat; this is my body. And he took the cup, and gave thanks, and gave it to them, saying, Drink ye all of it; For this is my blood of the new testament, which is shed for many for the remission of sins.* Partake by activity.

LC “heedfully discern the Lord's body, and affectionately meditate on his death and sufferings”: 1 Cor. 11:29: be sure you do discern the Lord’s Body (understand elements, meaning). Luke 22:19: “for you”.

**Move 5: Acknowledge and give your compliments to the Master Chef.**

LC: “It is required of them that receive the sacrament of the Lord's supper, that, during the time of the administration of it, with all holy reverence and attention they wait upon God in that ordinance”:

- Ps. 89:7: *God is greatly to be feared in the assembly of the saints, and to be had in reverence of all them that are about him.*
- Ps. 5:7: *... I will come into thy house in the multitude of thy mercy: and in thy fear will I worship toward thy holy temple.*
- Remember it is the Lord Jesus serving you the meal. Hebrews 12:28:
  - “Wherefore”: vss. 18-27, 29: Greater mediator, greater shaking/reverence than Mt. Sinai.
  - “acceptably to God”: it is for Him.
  - “serve” or “worshp”, lit. Greek *latreuo*, sacred priestly service.
  - “reverence”: lit., unpretentiousness, respect, “modesty”.
  - “godly fear”: lit., awe, “piety”.
  - You will worship with an attitude and posture of modest piety when you have a gracious heart: “let us have grace, whereby we may”

**Conclusion:**

**Eat and Drink with Modest and Pious Praise.**