

## Theology Simply Explained — WSC96 “A Meal as Sign and Seal of Christ as Our Life”

**Pastor walks his children through Westminster Shorter Catechism question 96—especially explaining how the Lord’s Supper’s elements and actions constitute a meal that is a sign of Christ’s giving Himself entirely for us, even as the meal itself is a seal by which Christ gives Himself to us.**

Q96 What is the Lord’s Supper? **The Lord’s Supper is a sacrament, wherein, by giving and receiving bread and wine according to Christ’s appointment, His death is showed forth; and the worthy receivers are, not after a corporal and carnal manner, but by faith, made partakers of His body and blood, with all His benefits, to their spiritual nourishment and growth in grace.**

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Catechism question. This week is, what is the Lord's supper? And the catechism answer is the lord's supper as a sacrament. Wherein by giving and receiving bread and wine according to Christ's appointment. His death is showed forth. And, The worthy receiver is are not after a corporal and carnal manner.

But by faith made partakers Of his body and blood with all his benefits. To their spiritual nourishment. And growth and grace. And so the lord supper is a sacrament, which It's a sign and seal that has been Appointed to christ appointed bike rice. And the sign part. Is found, especially from the wherein to the showed forth.

And the seal part sealed part or the seal part. Rather is Seen from the worthy receivers are. Uh, to growth and grace. So, as a sign, It's a meal. It is giving and receiving. Of bread and wine. There's no transformation. Christ is not given. Or receive in the sun.

The sign. Is seen in the actions and the materials. So not just giving and receiving as we have in our catechism answer here. Which is very short, but also the breaking of the bread. Which shows fourth christ being broken unto us. Uh, there's um Is true. That christ died for us and there is something of a breaking in his death, but the language of breaking here.

Is the language of breaking bread. It's the language of Distribution. And gift. And so there's the breaking of the bread and then there's the pouring of the wine. Which in our own practice at our church. We are still doing. Uh, afterward, although the lord jesus poured, the wine. Beforehand.

And then although the cup was drunk afterward. Uh, so it's important to have the breaking of the bread. It's important to have. Uh, the pouring of the wine. Uh, these are sacramental actions because he's given us a meal. The sign is a meal. Now, the bread does represent to us.

Uh, the body of christ. That is being distributed to us with the benefits that come from it. When you have bread at a meal, you receive the bread. Yes. But you're hoping for all the benefits that god gives us by way of bread, or if you receive Cheeseburger with The american cheese or whatever you guys are eating, And so you do receive.

Bread with its benefits at a normal meal. But when the bread is distributed to you, In the lord's. Supper, it's a sign. That christ distributes himself to you. And that there is Enjoyment and provision and dependence upon him himself. But that's in and through him. You receive all of the benefits that come with him.

And so it's a very apt sign. For christ, giving us himself and even the benefits of his flesh. Uh, and blood body. That we are in union with him who sits in glory. That what she has secured by his death, that which he powers. By his resurrection. The life that he lives unto God.

Uh, makes us alive unto God, and all the wonderful stuff that we've been hearing from remnants. And so there's this giving and receiving of bread and wine. Uh, that was interesting at the senate. Someone asked why are standards say wine? Um, and don't allow for grape juice. The answer is wine.

Uh, grape juice unpasteurized grape juice didn't exist at the time of our standards and obviously it didn't exist at the time. When our lord instituted this, And he is the one who designing all things. Uh, had designed. For juice to be wine. Um, and to become one. Uh, so that we would especially have good wine that would just longer fermented.

And it would have all of these. All of these benefits and we used in all of these ways. And so, The giving and receiving of bread and wine. It's a meal. And in the meal. Um, we show forth his death. Until he comes. And so the sign is Is focused.

Not just on his death. But his coming. And not just backwards to the point of his death. And forwards to the point of us coming. But that the one who has died for us and is coming for us. Continues in between those two points. To be our spiritual life.

To be our spiritual bread. To be where all of our life and strength and health. And fellowship and joy. Those things that Also come by way of. A meal taken together. Uh, one of the reasons why the sacrament is very necessarily and importantly Corporate because there are aspects to a meal that are just more than just the food and drink something that is lost in our culture.

Where a lot of families don't meet together. And breaking bread. Um, Is just a nutritional exercise. The fact must be just break it to themselves. It'll break it toward another Uh, but you have this, this wonderful sign. That the one who died at that point in the past.

The one who is returning at that point in the future, is the one who in between those times. Feeds us upon himself, gives us fellowship. Uh, with himself. So, it's important that it's a meal. This is why it should be done at a table. This is why the people should be seated at the table.

That's this is wide this. The actions of breaking the bread and boring the wide and the actions of distribution. Um, and waiting for one another and for taking together, Much of which is specified in the scripture. Um, but the importance of all of these things. And so, whether you have the Papest mass, which is a gross idolatry.

He's a sacrifice taking place or you have the Uh, kind of evangelical. You know, introspection. Uh, soriness ceremony. Um, Where it's very Um, Individual and looking inward and about your feelings. Uh, you know, those are all errors. That mess. You know, the really basic fact that it's a meal.

And it's a meal in, which, Bread and wine are the signs. And the breaking, and the pouring and giving and receiving. Are signs. But christ is the one to whom the

sign points and he is the substance of the meal. And faith is the mechanism. Um, By which? Uh, he is received.

Okay. So that's um, That's the sign. Now the seal You know what the lord does for us and to us, by means of the sacrament. We see that in the second part of the answer. And the worthy receivers are. Not after a corporal and carnal manner. So, not the actual physical body or flesh.

But by faith, Made partakers of. His body and blood. So, partakers of him. And his body and blood and the benefits that come to us from him or takers of his body and blood with all his benefits. And so if jesus, who is the one who gives us himself and the one who gives us is benefits says, This is my body which is broken for you.

And he said, he's essentially saying this is one of the ways by which i give myself to you, then we trust him. That. Uh, just as Uh, yes, there's a right way to listen to preaching, but we're trusting jesus. To give himself to us by his spirit. But by the work of his spirit in the proclaiming and hearing.

Of the word preached. Uh so also we trust that jesus. He says that he gives himself to us By means of the supper. Is blessing, our consideration of the signs and looking to him by faith and resting upon him. And all of those things are required of us at the table.

But it is actually jesus himself who gives himself to us by his spirit and we trust That he is doing that. Um, So, he gives himself to us. Uh, with all his benefits and he gives two of those or the catechismants are gives too of those benefits at the end there.

To their spiritual nourishment. And growth and grace. Uh, now we feed you kids, because we want you to be nourished and to grow But we feed you kids by the means of grace or we attend upon the means of grace with you. And call you to repentance and faith and desire for you to take the supper.

A scene as you profess pay. Because, Your spiritual nourishment is much more important than your physical nourishment. It is. Um, it is extremely harmful. To be spiritually, malnourished. So that Uh, you're not healthy, you're not strong. Uh you don't have the interaction with god himself and the life of christ in you and me and dwelling of his spirit and the knowledge of thought as your father and all of these things that are an important part.

An important benefit of even our daily. Family worship together. And of course, the weekly Keeping of the lord's day and the public worship. But if the lord jesus has commanded his supper, as part of a Um, if Excuse the glibness of the phrase as part of a balanced diet.

Then it's important to take the supper too. And to attend upon him in it and to look to him to nourish you by it. You know, some of the best spiritual moments. Um, Of each week for me. Our. After everyone's got their bread. And, you know, i say the body of our Lord jesus christ.

It's broken. For you or sometimes i say unto you to make the point about what the breaking means. Taken to eat and remembrance of him. And then i eat and remembrance of him and i looked to him and i asked him To be my life to be my strength.

I thank him. That he's wiped away the guilt of my sin. And i complain of myself today. Uh, that i have so much weakness and so much remaining sin. And i have the, the bread in my mouth and i'm chewing and i'm thinking, i'm praying. And asking him. To be my life to be my strength to be my help.

So, That's one thing. It's much more important for you to have spiritual nourishment and physical nourishment. And it's much more important for you to grow in grace than it is for you to grow in stature. Yes, we want you to You know, continue to grow and develop. As children, but Uh, we all we never stop being children.

Um, spiritually. We need to grow in grace. We need to grow by the grace of christ and grow by the knowing of christ. And so, Who we are looking to him. Not just keep us healthy. But also to grow us and these are things, he does to us. By means of the supper and as he does He seals to us.

That we are hissed. One of the ways that we know that we are his is because Uh, we have his spirit dwellingness and Uh, we are spiritually minded instead of fleshly minded. We're on the right side. Uh, against our sin. We have that internal battle going. And growth in christ is one of the ways.

Uh, by which he Marks us off as his and shows. That we belong to.

There's probably more to say, i i actually don't remember what the next question is. But i think we'll stop there. That's a pretty full explanation of the answer. The lord's supper is a sacrament wherein. By giving and receiving bread and wine according to christ's appointment. His death is showed forth.

And the worthy receivers are not after a corporal and carnal manner. But by faith, Made partakers of his body and blood with all his benefits. To their spiritual nourishment. And growth and grace.