

# EPHESIANS 4:29

## CONVERSATIONS THAT MATTER

“LET NO CORRUPTING TALK COME OUT OF YOUR MOUTHS, BUT ONLY SUCH AS IS GOOD FOR BUILDING UP, AS FITS THE OCCASION, THAT IT MAY GIVE GRACE TO THOSE WHO HEAR.”

### Welcome to the Table [I Corinthians 11:17-34]

“... the Lord's Supper is not for perfect people, but for repentant people—but that is just the point. The Lord's Supper forces us to keep our inner experience linked with our outward behavior. It demands that we ask:

[1] *Am I truly living a life of gratitude and obeying God, as I would be if I really believed He saved me at the infinite cost of his only Son?*

[2] *Am I loving others sacrificially, as I would be if I believed I was saved by sacrificial love?” - Tim Keller*

#### [1] Purpose [Theological Significance]

[Luke 22:19-20] *And Jesus took bread, and when he had given thanks, he broke it and gave it to them, saying, “This is my body, which is given for you. Do this in remembrance of me.”<sup>20</sup> And likewise the cup after they had eaten, saying, “This cup that is poured out for you is the new covenant in my blood.”*

See also Jeremiah 31:31-34; I Corinthians 11:23-26;  
I Peter 1:18-19; Hebrews 9:22; I John 1:7

#### [2] Participation [Self-Scrutiny/Worthiness]

[Psalm 139:23-24] *Search me, O God, and know my heart! Try me and know my thoughts!<sup>24</sup> And see if there be any grievous way in me, and lead me in the way everlasting!*

See also I Corinthians 11:27-32; Acts 20:7a; I Corinthians 11:18-22

#### [3] Practice [Ongoing]

See I Corinthians 11:26

#### [4] Perspective [Already/Not Yet Tension]

[Luke 22:14-16] *And when the hour came, he reclined at table, and the apostles with him.<sup>15</sup> And he said to them, “I have earnestly desired to eat this Passover with you before I suffer.<sup>16</sup> For I tell you I will not eat it until it is fulfilled in the kingdom of God.”*

I Corinthians 11:17-34 . . . in the following instructions I do not commend you, because when you come together it is not for the better but for the worse.<sup>18</sup> For, in the first place, when you come together as a church, I hear that there are divisions among you. And I believe it in part,<sup>19</sup> for there must be factions among you in order that those who are genuine among you may be recognized.<sup>20</sup> When you come together, it is not the Lord's supper that you eat.<sup>21</sup> For in eating, each one goes ahead with his own meal. One goes hungry, another gets drunk.<sup>22</sup> What! Do you not have houses to eat and drink in? Or do you despise the church of God and humiliate those who have nothing? What shall I say to you? Shall I commend you in this? No, I will not.

<sup>23</sup> For I received from the Lord what I also delivered to you, that the Lord Jesus on the night when he was betrayed took bread,<sup>24</sup> and when he had given thanks, he broke it, and said, “This is my body, which is for you. Do this in remembrance of me.”<sup>25</sup> In the same way also he took the cup, after supper, saying, “This cup is the new covenant in my blood. Do this, as often as you drink it, in remembrance of me.”<sup>26</sup> For as often as you eat this bread and drink the cup, you proclaim the Lord's death until he comes.

<sup>27</sup> Whoever, therefore, eats the bread or drinks the cup of the Lord in an unworthy manner will be guilty concerning the body and blood of the Lord.<sup>28</sup> Let a person examine himself, then, and so eat of the bread and drink of the cup.<sup>29</sup> For anyone who eats and drinks without discerning the body eats and drinks judgment on himself.<sup>30</sup> That is why many of you are weak and ill, and some have died.<sup>31</sup> But if we judged ourselves truly, we would not be judged.<sup>32</sup> But when we are judged by the Lord, we are disciplined so that we may not be condemned along with the world.

<sup>33</sup> So then, my brothers, when you come together to eat, wait for one another—<sup>34</sup> if anyone is hungry, let him eat at home—so that when you come together it will not be for judgment. About the other things I will give directions when I come.

#### Study Questions/Prayer

[1] PURPOSE: Read Tim Keller's Quote in the outline. How does the Lord's Supper help us link our inner experience with our outward behavior, and what questions should we ask ourselves to ensure we are living a life of gratitude and sacrificial love?

[2] PARTICIPATION: What is the theological significance of the bread and the cup in the Lord's Supper, as described in Luke 22:19-20 and other referenced scriptures?

[3] PRACTICE: Why is self-examination important before participating in the Lord's Supper, and what consequences are mentioned in I Corinthians 11:27-32 for partaking in an unworthy manner?

[4] PRAYER: Ask God to help you to remember the immense cost of our salvation and to live your life in a way that reflects our gratitude and obedience to Him.