

*The Sacraments*

Matthew 26:26-30; 28:18-20

Heidelberg Catechism Lord's Day 25

Main Point:

The sacraments are vital to your walk with God; therefore, make your participation in them a high priority in your life.

1. The sacraments are vital to your walk with God.
2. The sacraments give you a visible picture of an invisible reality.
3. The Spirit uses the sacraments to seal the promise of the gospel to you.
4. Make your participation in the sacraments a high priority in your life.

## Quotations and Cross-References

**Heidelberg Catechism 65 Q:** It is by faith alone that we share in Christ and all His blessings: Where then does that faith come from? A: The Holy Spirit produces it in our hearts by the preaching of the holy gospel, and confirms it through our use of the holy sacraments.

**Heidelberg Catechism 66 Q:** What are sacraments? A: Sacraments are holy signs and seals for us to see. They were instituted by God so that by our use of them He might make us understand more clearly the promise of the gospel, and might put His seal on that promise. And this is God's gospel promise: to forgive our sins and give us eternal life by grace alone because of Christ's one sacrifice finished on the cross.

**Heidelberg Catechism 67 Q:** Are both the Word and sacraments then intended to focus our faith on the sacrifice of Jesus Christ on the cross as the only ground of our salvation? A: Right! In the gospel the Holy Spirit teaches us and through the holy sacraments He assures us that our entire salvation rests on Christ's one sacrifice for us on the cross.

**Heidelberg Catechism 68 Q:** How many sacraments did Christ institute in the New Testament? A: Two: baptism and the Lord's Supper.

**Matthew 26:26-30** <sup>26</sup> And as they were eating, Jesus took bread, blessed and broke *it*, and gave *it* to the disciples and said, "Take, eat; this is My body." <sup>27</sup> Then He took the cup, and gave thanks, and gave *it* to them, saying, "Drink from it, all of you. <sup>28</sup> "For this is My blood of the new covenant, which is shed for many for the remission of sins. <sup>29</sup> "But I say to you, I will not drink of this fruit of the vine from now on until that day when I drink it new with you in My Father's kingdom." <sup>30</sup> And when they had sung a hymn, they went out to the Mount of Olives. (NKJV)

**1 Corinthians 11:23-26** <sup>23</sup> For I received from the Lord that which I also delivered to you: that the Lord Jesus on the *same* night in which He was betrayed took bread; <sup>24</sup> and when He had given thanks, He broke *it* and said, "Take, eat; this is My body which is broken for you; do this in remembrance of Me." <sup>25</sup> In the same manner *He* also *took* the cup after supper, saying, "This cup is the new covenant in My blood. This do, as often as you drink *it*, in remembrance of Me." <sup>26</sup> For as often as you eat this bread and drink this cup, you proclaim the Lord's death till He comes. (NKJV)

**Matthew 28:18-20** <sup>18</sup> And Jesus came and spoke to them, saying, "All authority has been given to Me in heaven and on earth. <sup>19</sup> "Go therefore and make disciples of all the nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, <sup>20</sup> "teaching them to observe all things that I have commanded you; and lo, I am with you always, *even* to the end of the age." Amen. (NKJV)

**Wayne Spear** "The word *sacraments* is not found in Scripture. It is from a Latin word used in the Vulgate version to translate the Greek work *mystery*. In the early church, 'sacrament' was used in the sense of 'signs which reverently represented sublime and spiritual things' ..."

**Romans 4:11** <sup>11</sup> And he [Abraham] received the sign of circumcision, a seal of the righteousness of the faith which *he had while still* uncircumcised ... (NKJV)

**Kevin DeYoung** "We often forget amidst the calls for sensory worship and appeals to visual learning styles that God has already given us His own self-appointed means of using our senses in worship. He's given us the sacraments that we might see, smell, taste, and touch the same promises of the gospel we hear proclaimed in the preaching of the Word."

**Andrew Kuyvenhoven** "Sacraments are special measures devised by a loving Teacher for slow learners."

**G.I. Williamson** "They [the sacraments] add an element of assurance to the message we hear in the preaching ... He [Jesus] reassures me that I really am saved by the self-sacrifice he made for me."

**Kevin DeYoung** "The sacraments are means of grace only insofar as we receive by faith the gospel truths promised in the elements."

**WLC 167** How is our baptism to be improved by us? A. The needful but much neglected duty of improving our baptism, is to be performed by us all our life long, especially in the time of temptation, and when we are present at the administration of it to others; by serious and thankful consideration of the nature of it, and of the ends for which Christ instituted it, the privileges and benefits conferred and sealed thereby, and our solemn vow made therein; by being humbled for our sinful defilement, our falling short of, and walking contrary to, the grace of baptism, and our engagements; by growing up to assurance of pardon of sin, and of all other blessings sealed to us in that sacrament; by drawing strength from the death and resurrection of Christ, into whom we are baptized, for the mortifying of sin, and quickening of grace; and by endeavouring to live by faith, to have our conversation in holiness and righteousness, as those that have therein given up their names to Christ; and to walk in brotherly love, as being baptized by the same Spirit into one body.

**1 Corinthians 11:28** <sup>28</sup> But let a man examine himself, and so let him eat of the bread and drink of the cup. (NKJV)

**WLC 171** How are they that receive the sacrament of the Lord's supper to prepare themselves before they come unto it? A. They that receive the sacrament of the Lord's supper are, before they come, to prepare themselves thereunto, by examining themselves of their being in Christ, of their sins and wants; of the truth and measure of their knowledge, faith, repentance; love to God and the brethren, charity to all men, forgiving those that have done them wrong; of their desires after Christ, and of their new obedience, and by renewing the exercise of these graces, by serious meditation, and fervent prayer.

**WLC 174** What is required of them that receive the sacrament of the Lord's supper in the time of the administration of it? A. 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, diligently observe the sacramental elements and actions, heedfully discern the Lord's body, and affectionately meditate on his death and sufferings, and thereby stir up themselves to a vigorous exercise of their graces; in judging themselves, and sorrowing for sin; in earnest hungering and thirsting after Christ, feeding on him by faith, receiving of his fulness, trusting in his merits, rejoicing in his love, giving thanks for his grace; in renewing of their covenant with God, and love to all the saints.

**WLC 175** What is the duty of Christians, after they have received the sacrament of the Lord's supper? A. The duty of Christians, after they have received the sacrament of the Lord's supper, is seriously to consider how they have behaved themselves therein, and with what success; if they find quickening and comfort, to 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: 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: but, if they see they have failed in either, they are to be humbled, and to attend upon it afterward with more care and diligence.