

their own damnation. Wherefore all ignorant and ungodly persons, as they are unfit to enjoy communion with him, so are they unworthy of the Lord's table, and can not, without great sin against Christ, while they remain such, partake of these holy mysteries, or be admitted thereunto.

The *Heidelberg Catechism*, in the section "Of the Holy Supper of the Lord" asks:

Question 75. How is it signified and sealed unto thee in the Holy Supper that thou dost partake of the one sacrifice of Christ on the cross and all his benefits?

Answer. Thus, that Christ has commanded me and all believers to eat of this broken bread, and to drink of this cup, and has joined therewith these promises: First, that his body was offered and broken on the cross for me, and his blood shed for me, as certainly as I see with my eyes the bread of the Lord broken for me, and the cup communicated to me; and, further, that with his crucified body and shed blood he himself feeds and nourishes my soul to everlasting life, as certainly as I receive from the hand of the minister, and taste with my mouth, the bread and cup of the Lord which are given me as certain tokens of the body and blood of Christ.

Question 76. what is it to eat the crucified body and drink the shed blood of Christ?

Answer. It is not only to embrace with a believing heart all the suffering and death of Christ, and thereby to obtain the forgiveness of sins and life eternal, but moreover, also, to be so united more and more to his sacred body by the Holy Ghost, who dwells both in Christ and in us, that although he is in heaven, and we on the earth, we are nevertheless flesh of his flesh and bone of his bones, and live and are governed forever by one Spirit, as members of the same body are by one soul.

1. Scriptural data

The passages of Scripture that directly relate to this ordinance are as follows:

Matthew 26:26-28 -- "And while they were eating, Jesus took some bread, and after a blessing, He broke it and gave it to the disciples, and said, 'Take, eat; this is My body.' And when He had taken a cup and given thanks, He gave it to them, saying, 'Drink from it, all of you; for this is My blood of the covenant, which is poured out for many for forgiveness of sins.'"

Mark 14:22-24 -- "And while they were eating, He took some bread, and after a blessing He broke it; and gave it to them, and said, 'Take it; this is My body.' And when He had taken a cup, and given thanks, He gave it to them; and they all drank from it. And He said to them, 'This is My blood of the covenant, which is poured out for many.' "