

true spiritual unity of the body of Christ. As a result, their supper was not the Lord's Supper.

Discernment of the spiritual significance of the Lord's Supper is an indispensable condition for worthy participation.

### III. The third condition of worthy participation is confession of sin.

In this connection I am using "confession" in a broad sense to mean "what a believer who has sinned should do before God." The believers in Corinth needed to confess their sin of profaning the Lord's table by not "discerning the body." Our sin may be anything that keeps us from recognizing the spiritual significance of the Supper or hinders us from experiencing the blessing God intends in the Communion.

Let me simply mention six elements of true confession.

First, there is conviction of sin, objectively by the Word and subjectively by the Spirit.

Second, there is specific confession of sin, which literally means "saying the same thing about my sin that God says about it."

Third, there is godly sorrow for sin, as I embrace a biblical view of my sin, and see what it cost the Son of God to provide salvation from my sin.

Fourth, there is turning from, abhorrence of, and forsaking of the sin that I have confessed.

Fifth, there is asking for forgiveness, cleansing, and deliverance from my sin on the basis of Christ's shed blood, and according to God's faithful and gracious promise.

Sixth, there is trusting God to forgive, cleanse, and deliver me from the sin that I have confessed. This includes telling Him that I trust Him to do it, and believing that He does it!