

Preparation of the Lord's Supper
Embry Hills church of Christ

What is the Lord's Supper? *

It is a memorial.

Jesus said, "Do this in remembrance of Me." I Corinthians 11:23-26

It is the table of the Lord where we are united.

We, though many, are one bread and one body; for we all partake of the one bread. I Corinthians 10:17

It is breaking bread just like the first Christians did.

And they continued steadfastly in the apostles' doctrine and fellowship, in breaking of bread and in prayers. Acts 2:42

It is communion with the Lord.

The bread which we break, is it not the communion of the body of Christ."
I Corinthians 10:16

It is a proclamation of His death until He comes.

For as often as you eat this bread and drink this cup, you proclaim the Lord's death till He comes. I Corinthians 11:26

It is an anticipation of His second coming.

And if I go and prepare a place for you, I will come again and receive you to Myself that where I am, you may be also. John 14:3

When should we partake of the Lord's Supper?

Christians should partake regularly and steadfastly on the first day of the week.

Now on the first day of the week (Sunday), when the disciples came together to break bread... Acts 20:7

For centuries, followers of God had worshipped on the seventh day of the week. New Testament Christians celebrate the resurrection of Jesus on the day he arose.

Now on the first day of the week... they found the stone rolled away. Luke 24:1

What is the purpose of the Lord's Supper?

The purpose is to remember Jesus Christ who died for our sins. It signifies His second coming and a new covenant, which He instituted.

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: 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." In this 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." For as often as you eat this bread and drink this cup, you proclaim the Lord's death till He comes. I Corinthians 11:23-26

Preparation of the Lord's Supper

Preparing the Lord's Supper is perhaps one of the most important behind-the-scenes duties in the church. Those who prepare are helping the entire congregation remember the sacrifice of Christ. It was the most solemn occasion when Jesus instituted the Lord's Supper and he asked two of his most trusted apostles, Peter and John, to prepare it.

It is a simple supper dating back 1500 years before Christ when God commanded the Israelites to eat the Passover in Egypt. The ingredients are fine plain flour, salt, and oil with no leavening (Leviticus 2). Any good all-vegetable shortening or oil is satisfactory for making the bread. Today, those who prepare this memorial feast throughout the world use different preparation methods. Below are some examples.

Utensils for Making the Bread

Traditional method

Pastry blender or two knives

Pastry cloth

Rolling pin

Blunt-tooth comb

Baking sheet

Quick method

Food processor

Parchment paper

Plastic lid of 3-lb. vegetable shortening can (about a 5-inch circle)

Plastic ruler with serrated edges (can be purchased in cake decorating supply store)

Baking sheet

Recipe for Unleavened Bread (makes eleven 5-inch circles, which will serve approximately 200 Christians)

2 cups all-purpose or plain flour
1 teaspoon salt
 $\frac{3}{4}$ cup shortening
5 tablespoons cold water

Stir salt into the flour. Add shortening and stir into flour. When the mixture looks coarse, add water and stir. Shape into a log (approximately 1½ inches thick and 11 inches long.) Slice 11 equal portions of the log. Roll out each portion on lightly floured parchment paper. Press top of shortening can into dough to make a 5-inch circle. Prick circles with a serrated ruler.

Bake in a 400° oven for about 10 minutes.

Allow to cool; stack in a plastic container. The parchment paper will protect each loaf.

Hint: You can multiply this recipe for storing in the freezer. It keeps well for several months.

Assembling the communion plates and trays

Embry Hills uses 10 plates and 12 trays for Sunday morning worship with its current attendance. Assembly should be done the morning before worship. Allow approximately 20-25 minutes if two adults are working together.

Each plate should have a paper doily underneath the bread. The doily prevents the bread from sliding on the plate and helps buffer the sound of the bread being broken.

Jesus chose “fruit of the vine” as the emblem to represent His blood (Matt 26:29). This should always be 100 percent (red) grape juice with no additives. Generally, two (2-quart) bottles are used each Lord’s Day. There are small bottles in the cabinet if needed.

The trays should be filled with disposable plastic communion cups. Fill the cups about *halfway*. (See diagram.) There are convenient plastic dispensers that will help speed the filling process.

To serve 200, fill all 12 trays completely except the outer ring, which should have a cup in every third hole.

After the morning service, plates and trays should be cleaned except for one plate and one tray, which should be left in Room 1 for the evening service. Make sure there is a basket to collect the offering.

Hint: Insert the plastic communion cups in the trays in advance. This will save much time for the next Sunday morning.

May God bless you for serving Him and placing careful attention to His Memorial Feast!

*** Adapted from Paul Sain's *Ready Reference for Growing Christians*.**