

# Heidelberg Catechism

## Lord's Day 28

### Overview/Purpose

Questions 75, 76 and 77 begin the discussion of the sacrament of the Lord's Supper. The questions provide the following:

- A definition of the Lord's Supper
- A description of the design and purpose of the Lord's Supper
- How the sacrament of the Lord's Supper differs from the sacrament of Baptism. Baptism signifies the washing away of our sins by the blood of Christ, whereas the Lord's Supper signifies the preservation of God's covenant and the preservation and nourishment of his people.

Lord's Day 29 and 30 will cover the other important aspects of this sacrament.

### Method

Following the Trivium, the grammar stage calls for rote memorization. Constant drilling and recitation is absolutely necessary and will require direct parental participation.

### Suggested Materials For Parents

See "The Commentary of Dr. Zacharias Ursinus on the Heidelberg Catechism", pgs 377-388.

### Word Definitions

• Admonished	• Apostle Paul	• Assured
• Assuredly	• Believers	• Believing heart
• Betrayed	• Blessing	• Bone
• Bread	• Bread of the Lord	• Broken
• Broken bread	• Certain	• Certainly
• Christ	• Commanded	• Communicated
• Communion	• Crucified	• Crucified body
• Cup of the Lord	• Dwells	• Embrace

• Everlasting life	• Feed	• Feeds
• Flesh	• Governed	• Holy Ghost
• Institution	• Life eternal	• Lord's Supper
• Members	• Minister	• New testament
• Notwithstanding	• Nourish	• Nourishes
• Obtain	• Offered	• One Sacrifice
• Pardon of sin	• Partaker	• Partakers
• Promise	• Promised	• Promises
• Remembrance	• Sacred body	• Shed
• Shed blood of Christ	• Spirit	• Sufferings
• Supped	• Supper	• United

### **Suggested Activities**

- Review word definitions
- Memory game to review word definitions and catechism questions
- Spelling test using the words in this catechism lesson
- Memorize key bible verses
- Service projects to reinforce the lessons found in the catechism questions
- Many opportunities for creativity!

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Question 75. How are thou admonished and assured in the Lord's Supper, that thou are a partaker of that one sacrifice of Christ, accomplished on the cross, and of 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, in remembrance of him, [a] adding 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 he feeds and nourishes my soul to everlasting life, with his crucified body and shed blood, as assuredly as I receive from the hands of the minister, and taste with my mouth the bread and cup of the Lord, as certain signs of the body and blood of Christ.

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

**Answer.** It is only to embrace with a believing heart all the sufferings and death of Christ, and thereby to [b] obtain the pardon of sin, and life eternal; but also, besides that, to become more and more [c] united to his sacred body, by the Holy Ghost, who dwells both in Christ and in us; [d] so that we, though Christ is in heaven and we on earth, are notwithstanding "Flesh of his flesh, and bone [e] of his bone"; and that we live, [f] and are governed forever by one spirit, as members of the same body are by one soul.

Question 77. Where has Christ promised that he will as certainly feed and nourish believers with his body and blood, as they eat of this broken bread, and drink of this cup?

**Answer.** In the institution of the supper, which is thus expressed: [g] "The Lord Jesus, the same night in which he was betrayed, took bread, and when he had given thanks, he brake it, and said: eat, this is my body, which is broken for you; this do in remembrance of me. After the same manner also he took the cup, when he had supped, saying: this [h] cup is the new testament in my blood; [i] this do ye, as often as ye drink it, in remembrance of me. For, as often as ye eat this bread, and drink this cup, ye do show the Lord's death till he come." This promise is repeated by the holy apostle Paul, where he says: [j] "The cup of blessing which we bless, is it not the communion of the blood of Christ? The bread which we break, is it not the communion of the body of Christ? For we, being many, are one bread and one body; because we are all partakers of that one bread."

[a]: Mat. 26:26,27,28; Mark 14:22,23,24; Luke 22:19,20; 1Cor. 10:16,17; 1Cor  
11:23,24,25

[b]: John 6:35,40,47,48,50,51,53,54

[c]: John 6:55,56

[d]: Acts 3:21; Acts 1:9,10,11; 1Cor 11:26

[e]: Eph. 5:29,30,31,32; 1Cor. 6:15,17,19; 1John 3:24

[f]: John 6:56,57,58; Eph. 4:15,16

[g]: 1Cor. 11:23; Mat. 26:26; Mark 14:22; Luke 22:19

[h]: Ex. 24:8; Heb. 9:20

[i]: Ex. 13:9; 1Cor. 11:26

[j]: 1Cor. 10:16,17