

Sunday Sermons – CSI Church, Toronto

Sunday, September 14, 2014

The Sacrament of Holy Communion

Genesis 14:17-24 Psalms 104: 14-30

I Corinthians 10:15-17 Mark 14:12-26

Holy Communion is the principal element of Christian faith. It is a meaningful practice. It is *mysterium tremendum*- tremendous mystery.

1. **It is one of the Dominical Sacraments:** The sacraments instituted by the Lord:
 - a. Holy Baptism
 - b. Holy CommunionSacrament is basically an outward expression of the inward grace that we receive from the Lord.

2. **It is one of the elements of worship:** There are five elements of worship.
 - a. Adoration
 - b. Confession
 - c. Ministry of the Word of God
 - d. Intercession
 - e. Holy Communion

3. **It is the time when we remember Christ’s passion, death, resurrection and glorious ascension:**
It is the time to think of our unity in Christ
 - a. The sequence of prayers reveal the fact
 - b. The complete salvation history is brought to our mind

4. **Preparation to receive this mystery is very important:**
 - a. Never receive the Holy Communion without praying the Prayer of Confession
 - b. Understand the true meaning of the Holy Communion service and receive the elements
 - c. Be humble before the Lord and pray the Prayer of Humble Access
 - d. Search your heart and pray the *Agnes Dei*, “O Lamb of God”

5. **Holy elements:**
 - a. Bread and Wine denote the labor of the common man in the context of Palestine.
 - b. Wine and Water signify the oozing of blood and water from the pierced side of the Lord at the time of crucifixion

6. **Clarifications regarding the Holy Communion:**
 - a. The reformed churches do not advocate transubstantiation – the bread and wine don’t become the actual body and blood of Christ.
 - b. We cannot secure forgiveness of sins by receiving the Holy Communion. We must first secure forgiveness, and then partake in the Communion. It is the remembrance of the sacrifice of the Lord for our salvation.
 - c. Never have a *Tim Horton* attitude towards Holy Communion. (I Corinthians 11: 23- 34)
 - d. Never be afraid to receive the Holy Communion. Keep a balanced attitude.

7. **The method of receiving the Holy Communion:**
 - a. To receive bread: place your palms crossed, right palm over the left palm.
 - b. To receive wine: [ROCK]- raise your head straight, close your eyes, open your mouth wide, keep your hands parallel to the railings or in a prayerful attitude, have the presence of mind.
