

# Self-Examination

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“But let a man examine himself, and so let him eat of the bread and drink of the cup.” 1 Cor. 11:28

## ‘Examine Yourself’

- <sup>23</sup> 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; <sup>24</sup> and when He had given thanks, He broke *it* and said, “Take, eat; this is My body which is broken<sup>[c]</sup> for you; do this in remembrance of Me.” <sup>25</sup> In the 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.”
  - <sup>26</sup> For as often as you eat this bread and drink this cup, you proclaim the Lord’s death till He come.
  - <sup>27</sup> Therefore whoever eats this bread or drinks *this* cup of the Lord in an unworthy manner will be guilty of the body and blood of the Lord. <sup>28</sup> **But let a man examine himself, and so let him eat of the bread and drink of the cup.** <sup>29</sup> For he who eats and drinks in an unworthy manner eats and drinks judgment to himself, not discerning the Lord’s body. <sup>30</sup> For this reason many *are* weak and sick among you, and many sleep. <sup>31</sup> For if we would judge ourselves, we would not be judged. <sup>32</sup> But when we are judged, we are chastened by the Lord, that we may not be condemned with the world.
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# ‘Examine Yourself’

- As people of God we need instruction/correction (2 Tim. 3:16-17)
  - 1&2 Corinthians is a letter of instruction/correction
  - “<sup>17</sup> Now in giving these instructions I do not praise *you*, since you come together not for the better but for the worse. <sup>18</sup> For first of all, when you come together as a church, I hear that there are divisions among you, and in part I believe it. <sup>19</sup> For there must also be factions among you, that those who are approved may be recognized among you. <sup>20</sup> Therefore when you come together in one place, it is not to eat the Lord’s Supper. <sup>21</sup> For in eating, each one takes his own supper ahead of *others*; and one is hungry and another is drunk. <sup>22</sup> What! Do you not have houses to eat and drink in? Or do you despise the church of God and shame those who have nothing? What shall I say to you? Shall I praise you in this? I do not praise *you*.” 1 Cor. 11:17-22
  - There was unfairness and gluttony associated with communion
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# Self-evaluation

- Paul is asking to do a *heart check*...
  - We say two things before passing the communion elements
    - 1. Do not take the communion if you are not born again and follow Christ
    - 2. Examine yourself to see that your heart is right before God
      - Do you have unconfessed sins?
      - Have you surrendered your will to God?
    - Communion is too sacred to treat it otherwise
    - We must have the right attitude before God- listen to this prayer:
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# Prayer

- “**Examine me**, O LORD, and prove me; Try my mind and my heart.” Ps. 26:2
  - Model for Self-evaluation Luke 18:9-14
  - III. Communion in a prison
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