

You Are What You Eat



“Tell me what you eat
and I will tell you
what you are.”

Anthelme Brillat-Savarin
The Physiology of Taste (1825)

1 CORINTHIANS:

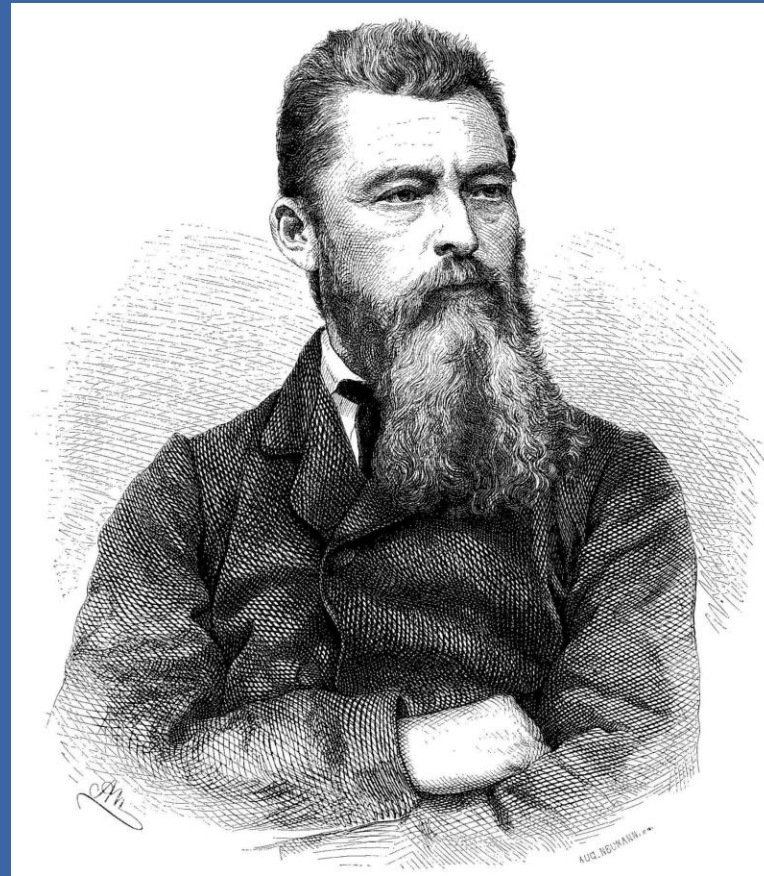
CALLED OUT  TOGETHER



You Are What You Eat

“Man is what he eats.”

Ludwig Feuerbach
1848

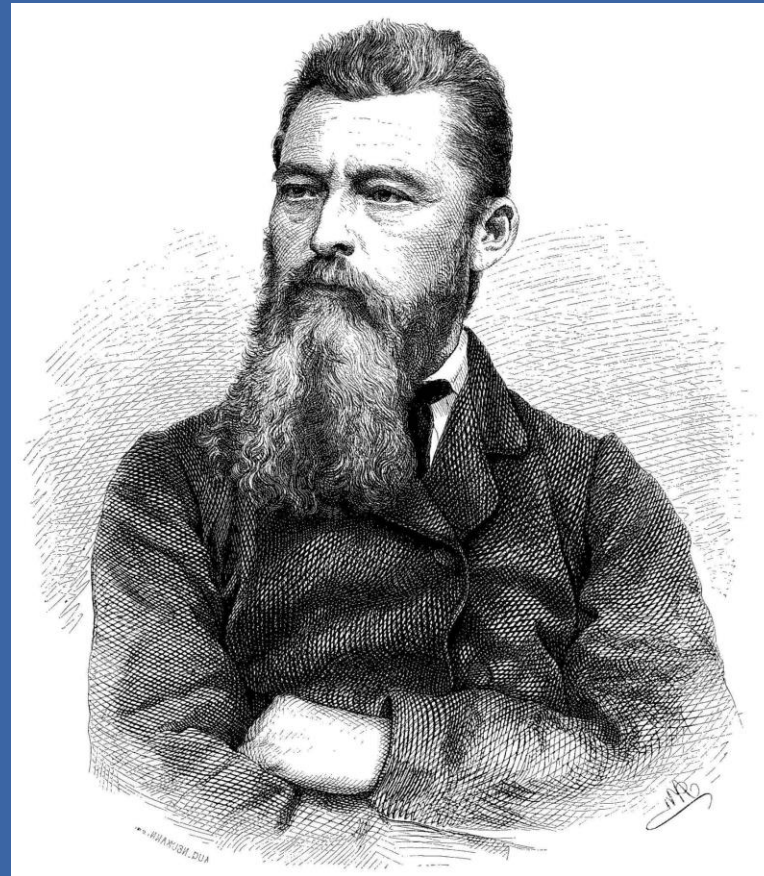


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You Are What You Eat

The Lord's Table



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Outline of 1 Corinthians

Chpt 1-4: Divisions over Leadership

Chpt 5: Sexual Immorality

Chpt 6: Conflict Resolution

Chpt 7: Singleness, Marriage,
Divorce, & Remarriage

Chpt 8-10: Food Offered to Idols

Chpt 11: Orderly Worship

Chpt 12-14: Loving Use of Spiritual Gifts

Chpt 15: Resurrection Hope



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¹⁷ But in the following instructions I do not commend you, because when you come together it is not for the better but for the worse. ¹⁸ For, in the first place, when you come together as a church, I hear that there are divisions among you. And I believe it in part, ¹⁹ for there must be factions among you in order that those who are genuine among you may be recognized. ²⁰ When you come together, it is not the Lord's supper that you eat. ²¹ For in eating, each one goes ahead with his own meal. One goes hungry, another gets drunk. ²² What! Do you not have houses to eat and drink in? Or do you despise the church of God and humiliate those who have nothing? What shall I say to you? Shall I commend you in this? No, I will not.

1 Corinthians 11:17-34 (ESV)

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²³ For I received from the Lord what I also delivered to you, that the Lord Jesus on the night when he was betrayed took bread, ²⁴ and when he had given thanks, he broke it, and said, “This is my body, which is for you. Do this in remembrance of me.” ²⁵ In the same way also he took the cup, after supper, saying, “This cup is the new covenant in my blood. Do this, as often as you drink it, in remembrance of me.” ²⁶ For as often as you eat this bread and drink the cup, you proclaim the Lord's death until he comes.

1 Corinthians 11:17-34 (ESV)



²⁷ Whoever, therefore, eats the bread or drinks the cup of the Lord in an unworthy manner will be guilty concerning the body and blood of the Lord. ²⁸ Let a person examine himself, then, and so eat of the bread and drink of the cup. ²⁹ For anyone who eats and drinks without discerning the body eats and drinks judgment on himself. ³⁰ That is why many of you are weak and ill, and some have died. ³¹ But if we judged ourselves truly, we would not be judged. ³² But when we are judged by the Lord, we are disciplined so that we may not be condemned along with the world.

1 Corinthians 11:17-34 (ESV)



³³ So then, my brothers, when you come together to eat, wait for one another— ³⁴ if anyone is hungry, let him eat at home—so that when you come together it will not be for judgment. About the other things I will give directions when I come.

1 Corinthians 11:17-34 (ESV)



What Did The Corinthians Do At the Lord's Table?



...when you come together as a church, I hear that there are divisions among you...When you come together, it is not the Lord's supper that you eat. For in eating, each one goes ahead with his own meal. One goes hungry, another gets drunk. What! Do you not have houses to eat and drink in? Or do you despise the church of God and humiliate those who have nothing?

1 Corinthians 11:17-22

What Should We Do At the Lord's Table?

Remember the Lord Jesus' Death For Us

This is *my body*, which is *for you*.

Do this in *remembrance* of me.

This cup is the new covenant in *my blood*.

Do this, as often as you drink it, in *remembrance* of me.

1 Corinthians 11:24-25



What Should We Do At the Lord's Table?

Remember the Lord Jesus' Death For Us

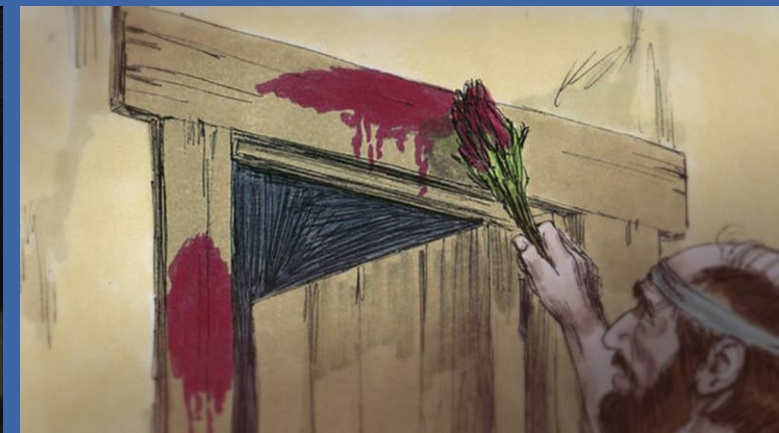
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1 Corinthians 11:24-25



What Should We Do At the Lord's Table?

Examine Ourselves (Confess and Repent of Sin)

Whoever, therefore, eats the bread or drinks the cup of the Lord in an unworthy manner will be guilty concerning the body and blood of the Lord. *Let a person examine himself*, then, and so eat of the bread and drink of the cup.

For anyone who eats and drinks without discerning the body eats and drinks judgment on himself. That is why many of you are weak and ill, and some have died. *But if we judged ourselves truly*, we would not be judged.

1 Corinthians 11:27-31

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For anyone who eats and drinks *without discerning the body* eats and drinks judgment on himself. That is why many of you are weak and ill, and some have died. But if we judged ourselves truly, we would not be judged.

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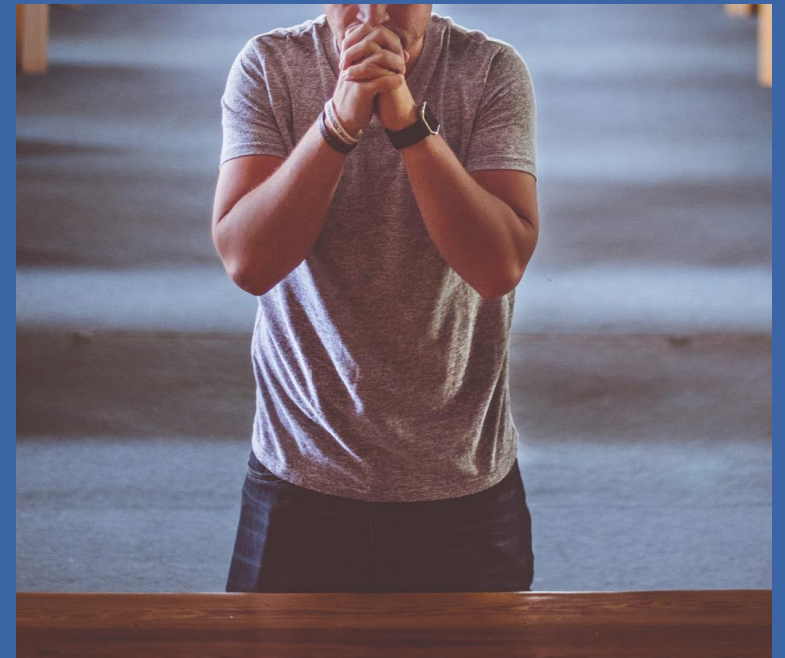


What Should We Do At the Lord's Table?

Examine Ourselves (Confess and Repent of Sin)

“This is the worthiness – the best and only kind we can bring to God – to offer our vileness and our unworthiness to him so that in his mercy we may be taken as worthy; to despair in ourselves so that we may be lifted up by him; to accuse ourselves so that we may be justified by him.”

John Calvin, *Institutes*, 4.17.44.



What Should We Do At the Lord's Table?

Proclaim His Death Until He Comes

For as often as you eat this bread and drink the cup,
you proclaim the Lord's death until he comes.

1 Corinthians 11:26



What Should We Do At the Lord's Table?

Proclaim His Death Until He Comes

For as often as you eat this bread and drink the cup,
you proclaim the Lord's death *until he comes*.

1 Corinthians 11:26



¹⁶ The cup of blessing that we bless, is it not a participation in the blood of Christ? The bread that we break, is it not a participation in the body of Christ? ¹⁷ Because there is one bread, we who are many are one body, for we all partake of the one bread.

1 Corinthians 10:16-17 (ESV)

1 CORINTHIANS:

CALLLED OUT  TOGETHER



What Does God Do At The Lord's Table?

He Unites Us With Him

The cup of blessing that we bless, is it not a participation in the blood of Christ?

The bread that we break, is it not a participation in the body of Christ?

1 Corinthians 10:16





What Does God Do At The Lord's Table?

*He Unites Us
With Each Other*



Because there is one bread, we
who are many are one body, for
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1 Corinthians 10:17



What Does God Do At The Lord's Table?

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