

**Five marks of a healthy church**  
**3. Communion together**

John Percival

**Introduction**

- what is communion about?

**Look backwards (v23-25)**

- 'do this in remembrance of me'

**Look upwards (1 Cor. 10v16)**

- fellowship with Christ

**Look around (v20-22)**

- unity with Christ's people

**Look inwards (v28-29)**

- 'a man ought to examine himself'

**Look forwards (v26b)**

- 'proclaim the Lord's death until he comes'

**Conclusion**

**1 Corinthians 11v17-34 (NIV)**

<sup>17</sup> In the following directives I have no praise for you, for your meetings do more harm than good. <sup>18</sup> In the first place, I hear that when you come together as a church, there are divisions among you, and to some extent I believe it. <sup>19</sup> No doubt there have to be differences among you to show which of you have God's approval. <sup>20</sup> When you come together, it is not the Lord's Supper you eat, <sup>21</sup> for as you eat, each of you goes ahead without waiting for anybody else. One remains hungry, another gets drunk. <sup>22</sup> Don't you have homes 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 praise you for this? Certainly not!

<sup>23</sup> For I received from the Lord what I also passed on to you: The Lord Jesus, on the night he was betrayed, took bread, <sup>24</sup> 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." <sup>25</sup> In the same way, after supper he took the cup, saying, "This cup is the new covenant in my blood; do this, whenever you drink it, in remembrance of me." <sup>26</sup> For whenever you eat this bread and drink this cup, you proclaim the Lord's death until he comes.

<sup>27</sup> Therefore, whoever eats the bread or drinks the cup of the Lord in an unworthy manner will be guilty of sinning against the body and blood of the Lord. <sup>28</sup> A man ought to examine himself before he eats of the bread and drinks of the cup. <sup>29</sup> For anyone who eats and drinks without recognizing the body of the Lord eats and drinks judgment on himself. <sup>30</sup> That is why many among you are weak and sick, and a number of you have fallen asleep. <sup>31</sup> But if we judged ourselves, we would not come under judgment. <sup>32</sup> When we are judged by the Lord, we are being disciplined so that we will not be condemned with the world.

<sup>33</sup> So then, my brothers, when you come together to eat, wait for each other. <sup>34</sup> If anyone is hungry, he should eat at home, so that when you meet together it may not result in judgment. And when I come I will give further directions.