

## 295. Self-Examination Necessary Before Partaking of Holy Communion.

**Let a man examine himself and so let him eat of that bread and drink of that cup. 1 Cor. 11, 28.**

To make certain that he is worthy to make a salutary use of the Lord's Supper, a Christian heeds the admonition of Paul: "Let a man examine himself." He should examine first *whether he truly repents of his sins*. "To examine oneself," says Luther, "means to consider well in what condition we are. If we find that our hearts are hardened, that we are not willing to refrain from sin, then we should not go to the Holy Sacrament; for then we are no Christians. The best thing we could and should do under such circumstances is to cease from such wickedness, to repent, to trust faithfully in the promise and mercy of God, and to unite again with Christians in the participation of the Lord's Supper." Whosoever comes to the Lord's Table as a poor sinner does not only prove that he cherishes the Lord's Supper as a treasure of priceless value, but he is worthy and well prepared; he will receive Christ's body and blood worthily, unto his soul's salvation.

The Christian, secondly, examines himself *whether he believes in Jesus Christ*. He should examine himself whether he truly believes that Christ's body was given and His blood was shed for the remission of His sins. Christ so loved you that He gave His life for you. God gives His Word and Sacrament to save you. With this trust the Christian turns from his sins and says: "God be merciful to me, a sinner!" He knows that he is accepted, that he is worthy for Jesus' sake.

The Christian, finally, examines himself *whether he has the good and earnest purpose with the aid of God the Holy Ghost henceforth to amend his sinful life*. When you come from the Lord's Table with your faith strengthened, let it bring forth love, love to God, with the resolve no more to offend Him by transgressing His commandments; and love to men, with the resolve to show charity to all.

### Prayer.

My Savior, let me find grace in Thine eyes. How could I, being of unclean lips, yea, vile and base, be counted worthy unless Thou make me worthy? Therefore prepare me by Thy grace for a worthy reception of Thy Holy Supper. Thou hast said: "Him that cometh to Me I will in no wise cast out." Therefore take my soul into Thy keeping according to Thy great compassion. Remember, O Lord Jesus, that I am inclined to all that is evil and that of my own powers I cannot do anything that is pleasing to Thee. Help me for Thy mercy's sake. Amen.

Then come before His presence now  
And banish fear and sadness;  
To your Redeemer pay your vow  
And sing with joy and gladness,  
Though great distress my soul befell,  
The Lord, my God, did all things well.  
To God all praise and glory!

This devotion is one of 318 taken from *Daily Bread* by F. E. Pasche, published by CPH in 1926, but now in the public domain. They have been copied and reformatted by Rev. Bruce G. Ley and made available for distribution by pastors and missionaries. You may contact Rev. Ley at: [pastorley@leychalet.com](mailto:pastorley@leychalet.com).

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