

Self – Examination and the Lord’s Table.

A few years ago, I read an article written by Ken Wimer on the subject of the Lord’s Supper published by the Evangelical Times. I found it really helpful, so much so that I would like to share it here. I feel it would be particularly helpful to young Christians. The title of the article was ‘Self – Examination.’ Here is the article in full (posted with permission from Evangelical Times).

Partaking of the Lord’s Table is a privilege reserved for honoured guests. Who are they? Those honoured because the Lord has chosen, redeemed and called them to himself (Revelation 4:11).

They are honoured to be identified spiritually with Christ in his death, burial and resurrection, an identity professed in baptism (Colossians 2:12).

They are honoured to walk with Christ in faith, hope, and love in a world of unbelief, self-righteousness, and hatred toward him and his glorious gospel of grace (2 Thessalonians 1:11). This is a privilege, therefore, that none must take for granted.

It is the Lord’s Table because he is the welcoming host, and all its elements speak of him. The unleavened bread is a symbol of his blameless character as God in the flesh – the Lamb without spot or blemish (1 Corinthians 11:24).

The wine is a symbol of his shed blood, signifying his expiatory death before God the Father to satisfy the penalty of sin on behalf of his people (1 Corinthians 11:25).

While the table is a place of rejoicing, it is not one of levity. While the Lord invites all of his redeemed to come to the table, we cannot come without self-examination. The scripture says: ‘let a man examine himself, and so let him eat...’

Here again, we need clear instruction. Do not examine yourself in the mirror of the law. This can only lead to despair. For ‘by the deeds of the law there shall no flesh be justified’ (Galatians 2:16).

Nor should you examine yourself in the light of your neighbour. All flesh is as grass. To compare yourself with another mortal sinner can only lead to false hope and a deceptive sense of spirituality.

Do not examine yourself in the light of feelings and emotions. Feelings come, and feelings go and are as useless as the morning dew to a thirsty man.

Rather, examine yourself in the light of the Lord Jesus Christ himself. Do not ask whether you are perfect in yourself, but ask ‘Am I perfect in Christ Jesus? Do I rest in his perfect righteousness alone?’

Do not ask whether you are without sin in yourself. You know the answer to that. The question is: ‘Have I been washed in the blood of the Lamb?’ Not ‘Am I well-pleasing to God?’ but rather: ‘Am I accepted in the Beloved?’

Do not look to your faith to save you, but rather to the object of your faith, the Lord Jesus, the only Saviour and substitute.

As an old writer aptly exclaimed: ‘Examine yourselves, but let it be in the light of Calvary – not the blazing fires of Sinai’s lightning, but the milder radiance of the Saviour’s grief’.

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