

COMMUNION PREPARATION WORKSHEET

“Get rid of the old yeast that you may be a new batch without yeast — as you really are. For Christ, our Passover Lamb, has been sacrificed” (I Corinthians 5:7).

Use this worksheet to examine yourself before celebrating the Lord’s Supper.

“For whenever you eat this bread and drink this cup, you proclaim the Lord's death until he comes. 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. A man ought to examine himself before he eats of the bread and drinks of the cup. For anyone who eats and drinks without recognizing the body of the Lord eats and drinks judgment on himself” (I Corinthians 11:26-29).

Westminster Larger Catechism Question #171:

How are they that receive the sacrament of the Lord's Supper to prepare themselves before they come unto it?

Westminster Larger Catechism Answer #171:

They that receive the sacrament of the Lord's supper are, before they come, to prepare themselves thereunto, by examining themselves¹ of their being in Christ,² of their sins and wants;³ of the truth and measure of their knowledge⁴, faith⁵, repentance⁶; love to God and the brethren⁷, charity to all men⁸, forgiving those that have done them wrong⁹; of their desires after Christ¹⁰, and of their new obedience¹¹; and by renewing the exercise of these graces¹², by serious meditation¹³, and fervent prayer¹⁴.

1. I Cor. 11:28

2. II Cor. 13:5

3. I Cor. 5:7; Exod. 12:15

4. I Cor. 11:29

5. I Cor. 13:5; Matt. 26:28

6. Zech. 12:10; I Cor. 11:31

7. I Cor. 10:16-17; Acts 2:46-47

8. I Cor. 5:8; 11:18, 20

9. Matt. 5:23-24

10. Isa .55:1; John 7:37

11. I Cor. 5:7-8

12. I Cor. 11:25-26, 28; Heb. 10:21-22, 24; Psa. 26:6

13. I Cor. 11:24-25

14. II Chr. 30:18-19; Matt. 26:26

Suggested passages for Reading and Meditation:

Psalms 32, 51, 103; Isaiah 40, 53, 55; John 17; Romans 8;

Ephesians 4:17-32; Romans 13 (especially v14); Colossians 3:1-17

Heart-Searching in Preparation for Communion

“Search me, O God, and know my heart: try me, and know my thoughts: And see if there be any wicked way in me, and lead me in the way everlasting” (Psalm 139:25-24).

Confession of sin is necessary for fellowship with God, and revival among God’s people.

Prayerfully consider the following questions. Go through each one and answer truthfully. Every “yes” answer indicates sin in your life.

As you are reading, and you are convicted of sin, confess it at once to God. Be willing to make it right . . . then you can claim cleansing and forgiveness and be ready to celebrate Communion.

“If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all

unrighteousness” (I John 1:9).

Be sure to name your sin in confession to God e.g. . . . “Lord, I have not put You first in my plans,” or “I have neglected Your word and prayer.” Do not make the least excuse for sin of any kind in your life.

“He who conceals his sins does not prosper, but whoever confesses and renounces them finds mercy” (Proverbs 28:13).

1. **Matthew 6:14-15** *“For if you forgive men when they sin against you, your heavenly Father will also forgive you. But if you do not forgive men their sins, your Father will not forgive your sins.”*
 - Is there anyone against whom you hold a grudge?
 - Anyone you haven’t forgiven?
 - Anyone you hate?
 - Are there any misunderstandings that you are unwilling to forget?
 - Is there any person against whom you are harboring bitterness, resentment, or jealousy?
2. **Matthew 6:33** *“But seek ye first the kingdom of God, and his righteousness.”*
 - Is there any area of your life in which you have failed to put God first?
 - Are any of the following more of a priority than God in your life: ambition, pleasures, loved ones, friendship, desire for recognition, money, your own plans?
3. **Mark 16:15** *“He said to them, ‘Go into all the world and preach the good news to all creation.’”*
 - Have you neglected to pray for the lost people around you?
 - Have you neglected to witness consistently with your mouth for the Lord Jesus?
4. **I Peter 1:22** *“Now that you have purified yourselves by obeying the truth so that you have sincere love for your brothers, love one another deeply, from the heart.”*
 - Are there brethren you do not love sincerely from your heart?
 - Are you secretly pleased over the pain and difficulty of other believers?
5. **Philippians 2:3** *“Do nothing out of selfish ambition or vain conceit, but in humility consider others better than yourselves.”*
 - Are there people you think you are inherently better than?
 - Do you ever “put down” others to elevate yourself?
6. **I Corinthians 4:2** *“Moreover it is required in stewards, that a man be found faithful.”*
 - Are you a person authorities find hard to trust?
 - Do you chafe under accountability?
 - Are you a poor steward of your time, talents or treasures?
 - Do you spend on impulse or have credit card debt?
7. **I Corinthians 6:20** *“You were bought at a price. Therefore honor God with your body.”*
 - Do you fail to care for your body as the temple of the Holy Spirit?
 - Are you guilty of intemperance in eating or drinking?
 - Do you have any habits which are defiling the body?
8. **Ephesians 4:28** *“He who has been stealing must steal no longer, but must work, doing something useful with his own hands, that he may have something to share with those in need.”*
 - Do you underpay employees?

- Are you careless in your work?
 - Have you been careless in the payment of your debts?
 - Do you waste the time of others?
9. **Ephesians 4:31** *“Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice.”*
- Do you have a critical attitude towards any person or thing?
 - Are you irritable or cranky?
 - Do you ever carry hidden anger?
10. **Ephesians 5:16** *“Redeeming the time, because the days are evil.”*
- Do you read trashy or frivolous magazines or books?
 - Do you spend a lot of time and money on television, movies, sports, etc?
11. **Philippians 2:14** *“Do all things without murmurings and disputing.”*
- Do you complain about jobs or situations you are in?
 - Do you bicker and resist when given a task by an authority?
12. **Ephesians 5:20** *“Giving thanks always for all things unto God and the Father in the Name of our Lord Jesus Christ.”*
- Have you neglected to thank Him for all things, the seemingly “bad” as well as the “good”?
 - Do you worry a lot?
 - Is your spiritual temperature based on your feelings instead of on the Lord and His Word?
13. **Colossians 3:9** *“Lie not one to another, seeing that ye have put off the old man with his deeds.”*
- Do you ever exaggerate? Cheat? Steal? Lie? Stretch the truth?
14. **I Corinthians 6:18** *“Flee from sexual immorality. All other sins a man commits are outside his body, but he who sins sexually sins against his own body.”*
- Do you indulge in pornography, or sexually explicit movies, videos or websites?
 - Do you have any personal habits that are not pure?
 - Do you entertain unclean, sexually-oriented thoughts?
15. **Hebrews 10:25** *“Not forsaking the assembling of ourselves together, as the manner of some is; but exhorting one another, and so much the more, as ye see the day approaching.”*
- Do you stay away from the meetings of preaching, worship, Bible study or prayer?
 - Have you neglected daily private prayer?
 - Have you neglected private Bible and devotional reading?
16. **Hebrews 13:7** *“Obey them that have the rule over you, and submit yourselves; for they watch for your souls, as they that must give account, that they may do it with joy, and not with grief: for that is unprofitable for you.”*
- Are you rebellious toward leaders in the church or elsewhere?
 - Do you in any way have a stubborn or unteachable spirit?
17. **James 4:6** *“That is why Scripture says: ‘God opposes the proud but gives grace to the humble.’”*
- Do you feel that you are doing quite well as a Christian?
 - That you are good enough and don’t have to improve much to be holy?
 - Do you insist on your “rights”?
18. **James 4:11** *“Brothers, do not slander one another. Anyone who speaks against his brother or judges him speaks against the law and judges it.”*

- Have you dishonored Him and hindered His work by criticizing His servants?
- Do you repeat others' faults unnecessarily?

If you have been honest and true in the matter of admitting your sins, God promises to forgive and cleanse you (1 John 1:9).

1. If the sin is against God, confess it to God, and make things right with God.
2. If the sin is also against another person, confess it to God, and make things right with the other one.
3. If the sin is against a group, confess it to God, and make it right with the group.

Full confession leads to fullness of joy and power. Turn from the sin unto Christ. Take communion with joy and go forth filled with His Spirit!

Heart Preparation Questions for Children

Parents are reminded that only children who have made a profession of faith in Christ, have been baptized, and admitted by the Session to the Lord's Table are permitted to partake of the Lord's Table. With your permission, your child may contact a pastor or elder to arrange an interview.

Have you done any of the following . . .

- Lied or not told the whole truth to someone?
- Disobeyed your parent or teacher in school or church?
- Done any thing you think was wrong but did not get caught doing?
- Stolen something that was not yours?
- Been mean to or hurt someone?
- Used mean, hurtful or foul words to any one?
- Have you confessed your sin to God, telling Him you are sorry?
- Have you put your trust in Jesus who died for you and rose again?
- Have you asked God to help you obey Him in the future?
- Are there any changes you should make to help you to obey Him in the future?