



Title | A Self-Exam that Can
Save Your Life

Series | PROFILE

Text | 1 Corinthians 11:17-34

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Sermon Notes

1 Corinthians 11:17 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. 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. 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. . . .
ESV

Big Idea:

Text questions during the sermon: 623-850-8809

1 Corinthians 11:28
Let a person examine himself,
then, and so eat of the bread
and drink of the cup.
ESV

For Reflection & Application:

Monday:

- Read 1 Corinthians 11:23-26. Considering the Last Supper recounted by the apostle Paul in this text, reflect on the question: how has Christ treated me? List all of Christ's character qualities that come to mind from which you personally have benefited. Give thanks.

Tuesday:

- Read 1 Corinthians 11:17-22. List all the character qualities reflected by the Corinthians to whom the apostle Paul wrote. Do you see any of these traits in yourself?

Wednesday:

- In light of what Christ has been like for you, reflect on the question: how have I treated others? Does anything in your life need to change? Prayerfully confess it to God and ask for help.

Thursday:

- Read 1 Corinthians 11:27-34. What does it mean for a person to take communion in an unworthy manner? What are the consequences? Why is this important?

Friday:

- In 1 Corinthians 11:28, Paul says, "Let a person examine himself, then, and so eat of the bread and drink of the cup" (ESV). Communion is a kind of regular check-up. How does one examine himself? Why is this important?

1 Corinthians 11:28

Let a person examine himself,
then, and so eat of the bread
and drink of the cup.

ESV