

# CONFESSING OUR FAITH

## westminster larger catechism

**Q 170. How do they that worthily communicate in the Lord's Supper feed upon the body and blood of Christ therein?**

**A** As the body and blood of Christ are not corporally or carnally present in, with, or under the bread and wine in the Lord's Supper,<sup>1</sup> and yet are spiritually present to the faith of the receiver, no less truly and really than the elements themselves are to their outward senses;<sup>2</sup> so they that worthily communicate in the sacrament of the Lord's Supper, do therein feed upon the body and blood of Christ, not after a corporal and carnal, but in a spiritual manner; yet truly and really,<sup>3</sup> while by faith they receive and apply unto themselves Christ crucified, and all the benefits of his death.<sup>4</sup>

1. Acts 3:21. 2. Matt. 26:26, 28. 3. 1 Cor. 11:24–29; John 6:51, 53. 4. 1 Cor. 10:16.

**Q 171. How are they that receive the sacrament of the Lord's Supper to prepare themselves before they come unto it?**

**A** They that receive the sacrament of the Lord's Supper are, before they come, to prepare themselves thereunto, by examining themselves<sup>1</sup> of their being in Christ,<sup>2</sup> of their sins and wants;<sup>3</sup> of the truth and measure of their knowledge,<sup>4</sup> faith,<sup>5</sup> repentance;<sup>6</sup> love to God and the brethren,<sup>7</sup> charity to all men,<sup>8</sup> forgiving those that have done them wrong;<sup>9</sup> of their desires after Christ,<sup>10</sup> and of their new obedience;<sup>11</sup> and by renewing the exercise of these graces,<sup>12</sup> by serious meditation,<sup>13</sup> and fervent prayer.<sup>14</sup>

1. 1 Cor. 11:28. 2. 2 Cor. 13:5. 3. 1 Cor. 5:7; Ex. 12:15. 4. 1 Cor. 11:29. 5. 2 Cor. 13:5; Matt. 26:28. 6. Zech. 12:10; 1 Cor. 11:31. 7. 1 Cor. 10:16–17; Acts 2:46–47. 8. 1 Cor. 5:8; 1 Cor. 11:18, 20. 9. Matt. 5:23–24. 10. Isa. 55:1; John 7:37. 11. 1 Cor. 5:7–8. 12. 1 Cor. 11:25–26, 28; Heb. 10:21–22, 24; Ps. 26:6. 13. 1 Cor. 11:24–25. 14. 2 Chron. 30:18–19; Matt. 26:26.

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