There are six main elements in the Lord's Supper:

1. The Lord's Supper is a symbol of Christian unity.
2. The Lord's Supper is a time to remember.
3. The Lord's Supper is a proclamation of Christ's death.
4. The Lord's Supper is a temporary ordinance.
5. **The Lord's Supper provides regular opportunity for spiritual and moral self-examination.**
6. **The Lord's Table can be dangerous.**

We will take a closer look at the 5th and 6th principles this morning:

5. **The Lord's Supper provides regular opportunity for spiritual and moral self-examination.**

   **1 Corinthians 11:27-29 (ESV)**

   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. 29 For anyone who eats and drinks without discerning the body eats and drinks judgment on himself.

   - It is very important to recognize that, "in an unworthy manner" describes the approach. It's an adverb describing how you approach.
   - It is not an adjective describing the person.
   - The manner of approach must be self-examination and confession of sin.

6. **The Lord's Table can be dangerous.**

   **1 Corinthians 11:30-32 (ESV)**

   30 That is why many of you are weak and ill, and some have died. 31 But if we judged ourselves truly, we would not be judged. 32 But when we are judged by the Lord, we are disciplined so that we may not be condemned along with the world.