# Associate Reformed Presbyterian Church of Newberry

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#### Frequency of the Lord's Supper

At the March Session meeting, the elders unanimously approved celebrating the Lord's Supper on a weekly basis. As we prayerfully discussed this vital element of corporate worship, we could not help but think about how essential corporate worship is to the life of any congregation. In light of what 2020 was for so many professing Christians throughout the world, we did not want to take for granted the privilege and necessity of gathering for corporate worship. Moreover, as we consider all the ordinary means of grace that we partake in corporate worship (prayer, song, the Word of God) on a weekly basis, we realized that we were not taking full advantage of another means of grace, namely the Lord's Supper. So as we were blessed in gathering for corporate worship and availing ourselves to all the other ordinary means of grace, we came to the conclusion that it would make sense to include the Lord's Supper at every Lord's Day service. So this brief article is intended to remind you of the glorious benefits of weekly communion.

As we confess in the ARP Church, the benefits that the Lord provides to his people through this sacrament go far beyond a mere memorial (remembering the Lord's death upon the cross). In his lovingkindness, the Lord makes his presence known to us at the Table via the Holy Spirit and encourages us to look forward to the marriage supper of the Lamb when our salvation is consummated at his return. Knowing and applying these truths regarding the Lord's Supper can and will have tremendous benefits to our corporate worship and personal holiness.

A common question that has been debated by Christians for centuries regarding the Lord Supper is the issue of frequency, that is, how often should it be administered? The main reason why this question has garnered so much debate is that the Bible does not give an explicit answer. Therefore, reformed Presbyterian theologians have made their conclusions based on a summary of scriptural teaching.

After many years of study and ministry in the church, my basic position on this question is that the greater the frequency, the better. I have come to this belief based on the teaching of Scripture and the Standards of the ARP Church. As I briefly outline this understanding, I trust you will see its many benefits in the life of our congregation and in your Christian life as well.

The Westminster Confession of Faith provides a summary of what we in the ARP Church believe that the Bible principally teaches. It is a helpful document in instructing and guiding us as to this question of frequency. In chapter XXI (Of Religious Worship and the Sabbath-day), section V, we find these words: "The reading of the Scriptures with godly fear; the sound preaching, and conscionable hearing of the word, in obedience unto God, with understanding, faith, and reverence; singing of psalms with grace in the heart; as also the due administration and worthy receiving of the sacraments instituted by Christ; are all parts of the **ordinary religious worship** of God; besides religious oaths and vows, solemn fastings, and thanksgivings upon special occasions." Here the divines make a distinction between parts of the ordinary religious worship (reading of Scripture, preaching, hearing of the word, singing, sacraments) and that which belong to special occasions (oaths and vows, fasting, thanksgivings). In other words, they considered the sacraments, unlike the special parts, to be a **regular element** of worship. It should be observed with regularity like the other ordinary parts. How unusual would a worship service be if the preaching of the word or the singing of hymns and psalms took place just once a month or a few times a year?

The reason why the divines believed that the Lord's Supper should be an ordinary part of the service is because of the spiritual **benefits** that are communicated to believers when received by faith. As they affirm (Ch. XXIX, Of the Lord's Supper, section I), Christ instituted it "for the perpetual **remembrance** of the sacrifice of himself in his death, the **sealing** all benefits thereof unto true believers, their spiritual **nourishment** and **growth** in him, their further **engagement** in and to all duties which they owe unto him, and to be a **bond** and **pledge** of their communion with him, and with each other, as members of his mystical body." As I have noted in bold, there are several purposes for which this means of grace has ongoing and continuous benefits. All of them are vital to our spiritual maturity. Consequently, unlike the sacrament of baptism, the "Lord's Supper is to be administered **often**, ... to represent and exhibit Christ as spiritual nourishment to the soul, and to confirm our continuance and growth in him." (*Westminster Larger Catechism* Q. 168) There is a correlation between **frequency** and **blessing** through this sacrament.

The ARP Directory of Public Worship is another document in our Standards that assists us in determining the frequency of the Lord's Supper. To start, it provides a helpful definition of "ordinary parts of worship are those which are regular (i.e., "according to rule") or normative for the public worship of God. Together they are the standard means by which God is to be worshipped, though not every part will occur in every service of worship (e.g., baptism)." (Ch. V – The Ordering of Public Worship, A.2.) Like the WCF, the DPW acknowledges that there are parts/elements of corporate worship that should be viewed as customary, the one exception being baptism which requires a recipient. In section B it lists the ordinary parts of worship as: call to worship, prayer, reading the Holy Scriptures, preaching and hearing the Word, psalms, hymns, and spiritual songs, tithes and offerings, confessions of faith, and sacraments. Furthermore, in section C it lists the occasional parts and special services. Again, its statement about the administration of the Lord's Supper (V.B.8.c.(7)) suggests more, not less: "The session of each congregation shall determine how frequently the sacrament is provided. It should be provided regularly enough that it is seen both as belonging to the ordinary parts of the worship of God by His people and as beneficial for their spiritual nourishment." In other words, the Lord's Supper should be administered so often so that it is viewed to be as commonplace as all the other parts. The common misconception that the Lord's Supper is more special or more valuable than the other parts of worship due to its **infrequency** is the very notion that is to be avoided.

Finally, the best biblical reason for more frequent Communion is the spiritual benefit it can provide. The Lord's Supper is a sign and seal of the covenant of grace that confirms or makes more sure the promises of God in the gospel. God has provided this tangible expression of his Word to strengthen our weakness of faith. No matter how long we have been a believer, our faith is always in need of strengthening. One of God's primary response to this need is the Lord's Supper, just as the first covenant ceremony was for Abraham (Gen 15). Related to this passage, we read in *Hebrews 6:17* that "when God desired to show more convincingly to the heirs of the promise the unchangeable character of his purpose, he guaranteed it with an oath." "Oath" and "covenant" are synonyms in the OT (see Gen. 26:3 and Psa. 105:9). So the reason God made this covenant with Abraham was not because his promise was questionable, but because Abraham's faith was weak (he could not imagine how the Lord would fulfill his Word). But in God's mercy, he condescended to Abraham's weakness of faith and made a covenant with him so that he might confirm, or make more sure, his promise with an oath. So the primary purpose of the convent signs, the Lord's Supper and baptism, is to confirm the promises of God, to convince us to believe his Word. In the Lord's Supper, we receive the very presence of Christ as we participate in the body and blood of our Lord. The bread and the wine point us to the eternal life which has been given to us by faith. Therefore, if the purpose of the Lord's Supper is to confirm the promises of God in the gospel, how often do we stand in need of this grace "to hold fast to the hope set before us" (Heb 6:18)? If your faith is anything like mine, it needs to be strengthened on a regular basis...more often than not! Now we have the opportunity to have our faith strengthened every Lord's Day! Pastor Seth



We give thanks to the Lord for the birth of another covenant child. Pavid Adrian, to Aaron and Katie Cising on March 12. Let us pray that he grows in wisdom and stature, and in favor with God and man.



All singles and widows are invited to share in this monthly gathering of delightful fellowship and delicious food following the worship service at the Pastor's home.

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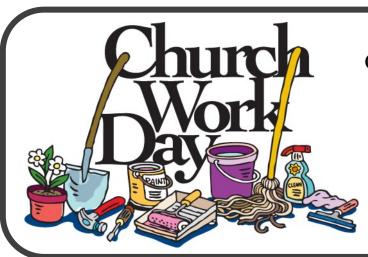
## SUNDAY MORNING CONGREGATIONAL FELLOWSHIP

Everyone is invited to gather in the Fellowship Hall on the 2<sup>nd</sup> and 4<sup>th</sup> Sundays from 10:25 to 10:50 AM to nurture *koinonia* with one another. Hot drinks and light refreshments will be available. Prayer requests will also be shared. Sunday school teachers are encouraged to start their classes at 9:45 AM and concluded by 10:23 AM so members can participate in the fellowship gathering.



# FAMILY GAME NIGHT

Gather with your church family on April 30, 6:30 PM, in the Fellowship Hall, for a joyful time of fellowship and outreach. Bring your favorite games and snacks and invite others who may enjoy the fun!



The Diaconate has scheduled a Church Work Day for Saturday, April 24 starting at 9:00 AM. Various projects in and around the church will be planned. Lunch will be served at 12:30 PM. Working together is a wonderful opportunity to get to know others better.



Our theme Scripture for 2021: "And there is salvation in no one else, for there is no other name under heaven given among men by which we must be saved." Acts 4:12 (CSV)

ARP Women's Ministries is an organization which encourages, equips and connects the community of ARP women to minister together for God's glory and purpose.

Our desire is that all women in the ARP Church will: Know Jesus Intimately, Love Jesus Faithfully and Serve Jesus Fruitfully.

The Morning Circle will meet on **Tuesday, April 6** at 10 AM in the Carson Room for Bible study, prayer, and fellowship. Our Bible Study will be on the parable of The Wedding Feast from Matthew 22:1-14 and The Rich Man and Lazarus from Luke 16:19-31. Marcia Cole will be leading our study.

Light refreshments will be served.

Are you free on the first Tuesday of the month? The Morning Circle is always open for new members or visitors, contact Julia Rikard for further information.



Fellowship, Study, and Prayer

<u>Tuesdays</u> 7 - 9 pm Fellowship Hall

We are currently studying Twelve Extraordinary Women: How God Shaped Women of the Bible, and What He Wants to Do with You by John McArthur

If you are interested in participating, please contact either

Marci Cole, ty

Allison Yi,

ALL LADIES ARE WELCOME!!!!

## Living Hope Foundation Food Pantry



There is a box in the Main Street vestibule to receive non-perishable food donations.

Living Hope Foundation focuses on the needs of our community in the areas of hunger, counseling, youth education, mentoring, health awareness, computer, and literacy skills. Their mission is "to spread the Gospel of Jesus Christ throughout our community - through our time, finances, product and lives. To be good stewards of all that God has given us, and to serve our fellow man faithfully using Christ as our example." (<u>facebook.com/LivingHopeNewberry</u>)

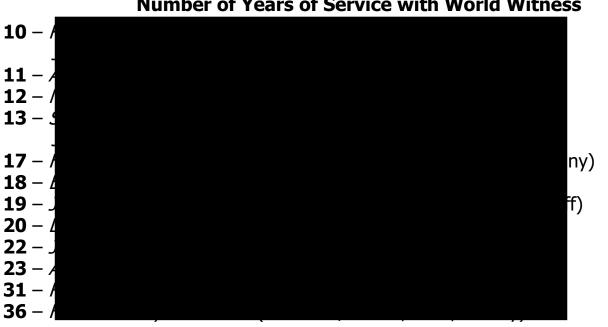
### **HONORING MISSIONARIES & STAFF**

By Alex Pettett, Executive Director



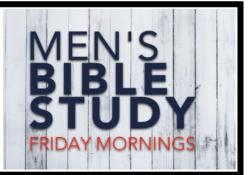
In a day and age when the average term of service for a missionary is only a few years, World Witness is thrilled to announce that, out of our 50 full-time missionaries and staff, 35 have served with us over 10 years, and 12 have served more than 20 years! As a small missions agency, we are blessed to have a large measure of persevering devotion to the Gospel, born both of a belief in a sovereign God and per-

haps a certain stick-to-itiveness of being an Associate Reformed Presbyterian. At our spring WW Board meeting, we gathered all missionaries on Zoom for a time of honoring their long-term commitment and praising the Lord for His faithfulness.



### Number of Years of Service with World Witness

On Friday mornings, 6:45 AM, a group of men gather at Doug Wicker's home, , for an encouraging time of food, fellowship, Bible Study, and praver. Pastor Seth leads an interactive study of God's Word (currently *Jeremiah*). Email Doug to be added to the weekly reminder.



### ARP Church of Newberry

1701 Main Street Newberry, SC 29108

> We're on the web NewberryARP.org

#### **Flowers for April**

- 4 Communion
- 11 Katie Eising
- 18 Merri Avery
- 25 Morning Circle

#### Ushers for April

4 – Jason McCoy, Marc Faulkenberry

- 11 Keith Avery, Andre Jennings
- 18 Cecil McRacken, Herb Seigler
- 25 Chip Porth, Michael Jennings