Student CE

September 15, 2019

**Spiritual** **Disciplines: *Habits of Grace,*** Lesson 4

**Fellowship:** Belonging to His body

Read: **Hebrews 10:4-25** *How does this passage describe Christianity?*

Membership has its privileges…

*The Sacraments*

1. **How do the sacraments become effective means of salvation?**

The sacraments become effective means of salvation, not because of any special power in them or in the people who administer them, but rather by the blessing of Christ and the working of His Spirit in those who receive them by faith.[[1]](#footnote-1)

1. **What is a sacrament?**

A sacrament is a holy regulation established by Christ,[[2]](#footnote-2) in which Christ and the benefits of the new covenant are represented, sealed, and applied to believers by physical signs.[[3]](#footnote-3)

1. **What are the sacraments of the New Testament?**

The sacraments of the New Testament are baptism[[4]](#footnote-4) and the Lord’s Supper.[[5]](#footnote-5)

*Baptism*

1. **What is baptism?**

The sacrament of baptism is a washing with water in the name of the Father, the Son, and the Holy Spirit,[[6]](#footnote-6) which is a sign and seal that we are joined to Christ, that we receive the benefits of the covenant of grace, and that we are engaged to be the Lord’s.[[7]](#footnote-7)

1. **Who should be baptized?**

Those who are not members of churches should not be baptized until they have publicly stated that they believe in Christ and will obey Him,[[8]](#footnote-8) but the infant children of church members should be baptized.[[9]](#footnote-9)

*Communion*

1. **What is the Lord’s Supper?**

The Lord’s Supper is a sacrament in which bread and wine are given and received as Christ directed to proclaim His death.[[10]](#footnote-10) Those who receive the Lord’s Supper in the right way share in His body and blood with all His benefits, not physically but by faith, and become spiritually stronger and grow in grace.[[11]](#footnote-11)

1. **What is the right way to receive the Lord’s Supper?**

The right way to receive the Lord’s Supper is to examine whether we discern the Lord’s body, whether our faith feeds on Him, and whether we have repentance, love, and a new obedience—so that we may not come in the wrong way and eat and drink judgment on ourselves.[[12]](#footnote-12)

* Grace of the preached word (listening to the sermon)

1. Forget ourselves – think of Christ and God’s work

2. Fill our faith – not a personal pep-talk; the external word of truth

3. Grow in Grace

4. Be equipped (Ephesians 4:11-12; 1 Cor. 14:12, 26)

5. Encountering Christ – “gaze on the God-man, the only one who can satisfy our souls”

**Do you know how to listen to a sermon?**(by Phil Ryken)

From <http://www.reformation21.org/articles/how-to-listen-to-a-sermon.php>

* Most churchgoers assume that the sermon starts when the pastor opens his mouth on Sunday.  However, listening to a sermon actually starts the week before.  It starts when we pray for the minister, asking God to bless the time he spends studying the Bible as he prepares to preach.
* If the body is well rested and the soul is well prepared, then the mind will be alert.  Good preaching appeals first to the mind.  After all, it is by the renewing of our minds that God does his transforming work in our lives (see [Rom. 12:2](https://biblia.com/bible/esv/Rom.%2012.2)).  So when we listen to a sermon, our minds need to be fully engaged.  Being attentive requires self-discipline.  Our minds tend to wander when we worship; sometimes we daydream.  But listening to sermons is part of the worship that we offer to God.  It is also a prime opportunity for us to hear his voice.
* Although note taking is not required, it is an excellent way to stay focused during a sermon.  It is also a valuable aid to memory.  The physical act of writing something down helps to fix it in our minds.  Then there is the added advantage of having the notes for future reference.  We get extra benefit from a sermon when we read over, pray through, and talk about our sermon notes with someone else afterwards.
* It also requires hearts that are receptive to the influence of God's Spirit.  Something important happens when we hear a good sermon: God speaks to us.

Listening--really listening--takes a prepared soul, an alert mind, an open Bible, and a receptive heart.  But the best way to tell if we are listening is by the way that we live.  Our lives should repeat the sermons that we have heard.

1. 1 Corinthians 3:7; 1 Corinthians 1:12-17. [↑](#footnote-ref-1)
2. Matthew 26:26-28; 28:19; Mark 14:22-25; Luke 22:19-20; 1 Corinthians 11:23-26. [↑](#footnote-ref-2)
3. Galatians 3:27; 1 Corinthians 10:16-17. [↑](#footnote-ref-3)
4. Matthew 28:19. [↑](#footnote-ref-4)
5. 1 Corinthians 11:23-26. [↑](#footnote-ref-5)
6. Matthew 28:19. [↑](#footnote-ref-6)
7. Acts 2:38-42; 22:16; Romans 6:3-4; Galatians 3:26-27; 1 Peter 3:21. [↑](#footnote-ref-7)
8. Acts 2:41; 8:12, 36, 38; 18:8. [↑](#footnote-ref-8)
9. Genesis 17:7, 9-11; Acts 2:38-39; 16:32-33; Colossians 2:11-12. [↑](#footnote-ref-9)
10. Luke 22:19-20; 1 Corinthians 11:23-26. [↑](#footnote-ref-10)
11. 1 Corinthians 10:16-17. [↑](#footnote-ref-11)
12. 1 Corinthians 11:27-32. [↑](#footnote-ref-12)