

According to Acts 20:7 the early church met every week to break bread and observe the Lord's Supper or *communion*. The bread and juice symbolize Jesus' body and blood that was sacrificed for us. Early church historians corroborate that the early church observed the Lord's Supper every week for the first four centuries.

We sing songs every week. We read Scripture every week. Why is it that these are not considered routine when done so often? The argument that the Lord's Supper done every week becomes routine just doesn't stand up to reason and it certainly doesn't stand against Scripture.

Most churches observe the Lord's Supper on a monthly, quarterly or even yearly basis, still others observe the Lord's Supper every Sunday, which does seem to be the Biblical frequency of the Lord's Supper.

Scriptures are not clear about how often the Lord's Supper ought to be celebrated. Jesus himself gave no direction on the matter, neither does the apostle Paul. But Luke in Acts writes: "On the first day of the week we came together to break bread." (20:7) Luke was describing his seven-day visit to the city of Troas. The passage implies that the breaking of bread was not an unusual occurrence, but the normal practice of the Christians in that city.

From this we see clearly that the early Christians understood that the Lord's Supper was to be observed far more frequently than most churches do today. We are not rendering judgment on churches that observe the Lord's Supper less frequently, we do not intend to make this legalistic and think of ourselves as more righteous. We simply want to reflect what we see as a clear Biblical principle of regular and frequent observance of the Lord's Supper.

In taking Lord's Supper we are to reflect on how Jesus died for us ... and then remember His promise that He is coming back again. According to 1 Corinthians 11:24-30 we as believers are to 'Examine ourselves' and confess any sins that we have committed recently that might have broken our fellowship with The Lord.

Of course, as believers we still sin and our fellowship can be broken with the Lord and we can lose our joy and delight in the Lord. The Lord's Supper deals with the fellowship of believers and not salvation, though it is an expression of the saved soul.

A weekly observance of the Lord's Supper makes practical as well as Biblical sense, because matters are still fresh in our mind from the previous week. If a church observes the Lord's Supper every quarter or even each month, how could we remember what things we have done that might be displeasing to the Lord three weeks ago, let alone 3 months ago!

*David Koyzes says "In churches where the Lord's Supper is celebrated weekly, the people have generally come to treasure this opportunity to "taste and see that the Lord is good" (Ps. 34:8). Far from becoming mundane and ordinary, the supper has come to enrich the faith of those receiving, who increasingly find themselves looking forward to each Resurrection Day with eager anticipation."*