

Lord Supper's Policy

Approved by the elders on
February 27 & March 4, 2026

I – Definition

- 1) Sacraments are sacred rites created and commanded by Christ for His church as holy signs and seals of the covenant of grace. Matt 26:26-28; 28:19
Rom 4:11; 1Cor 11:23-26
Eph 5:26,29,32
- 2) There are only two sacraments of the New Testament—baptism and the Lord's Supper—which are prefigured under the Old Testament sacraments of circumcision and the Passover, respectively. Gen 17:7-11; Ex 12:13-14
1Cor 5:7-8; Col 2:11-12
Heb 8:6-13; 9:8-15; 10:1
 - a) Baptism is the sacrament of union with Christ and entrance into His visible church. Acts 2:38-41; Rom 6:3-5
1Cor 12:13; Gal 3:27
 - b) The Lord's Supper is the sacrament by which believers are continually nourished and sustained in Christ, partaking of His body and blood by faith. John 6:35,51-58; Acts 20:7
1Cor 10:16-17; 11:23-29
Heb 10:19-22; 1Pet 2:2-3
- 3) The sacraments are not . . .
 - a) Magical. The elements (bread and the cup) are not changed into the physical body and blood of Christ, nor is Christ re-sacrificed in the Lord's Supper. The Lord Jesus died once for all and now bodily reigns in heaven. Any benefit received in the Supper is by grace alone, through faith alone, on account of Christ alone. Ex 22:18; Lev 19:26,31
Deut 18:10-12; John 19:30
Rom 3:24-28; 1Cor 1:14
Gal 5:19-21; 1Pet 3:21
Heb 7:27; 9:25-28; 10:10-14
Rev 9:21; 18:23; 21:8; 22:15
 - b) Required for salvation. Participation in the Lord's Supper is not necessary for salvation; nevertheless, the willful neglect of the Supper is sin. Luke 7:30; 1Cor 11:27-29
Eph 2:8-9; Titus 3:5
Heb 10:24-25; James 4:17
- 4) Participation in the Lord's Supper, in itself, offers no certainty of salvation; nevertheless, it proclaims the certainty of the benefits believers have in Christ through His body and blood. Matt 7:21-24; 26:26-28
Rom 8:1; 14:23
1Cor 11:27-29; 2Cor 13:5
- 5) For a more detailed understanding of the Sacraments see:
Cambridge Platform, 1.4; 7.2,4; 12.7; 14.2,8-9.
Savoy Declaration of Faith, 28-30.
Westminster Confession of Faith, 27-29.
Westminster Larger Catechism, 34-35, 108, 112, 154, 161-177.
Westminster Shorter Catechism, 88, 91-97.
Heidelberg Catechism, 65-82, 85, 103.
Belgic Confession, 33-35.

II – Requirements

- 1) The following are required to take the Supper:
 - a) **Profession** of the orthodox catholic (universal) faith in the Triune God and in Jesus Christ alone as one's Savior. John 3:18; Rom 10:9-10
1Cor 11:27-29
1John 2:23; 4:2-3
 - b) Water **baptism** in the name of the Triune God. Matt 28:19-20; Acts 2:38-42; 8:12
1Cor 10:1-4,16-17; 11:23-29

- c) Have rudimentary **knowledge** of, and church **instruction** in, the meaning of the Supper. Ex 12:26-27; Luke 24:30-32; Acts 2:42
1Cor 10:15-16; 11:23-29; Heb 5:12-14
- d) Be in **good standing** in a local biblical church; those under discipline by their church must not partake of the Supper. Matt 18:15-17; Acts 2:42
1Cor 5:1-13; 10:16-17; 11:27-29
2Thes 3:6,14-15
- 2) The pastor, in consultation with the elders, will address any particular or exceptional cases. Acts 6:4; 20:28; 1Cor 4:1; 11:23-26
1Tim 5:17-18; 2Tim 3:16-4:5; Titus 1:5,9
- 3) Before the giving of the Lord's Supper the following will be included:
- a) **Prayer**. Matt 26:26-27; Acts 2:42; 1Thes 5:16-18
- b) The proclamation of the Gospel including the **Words of Institution** taken from Matthew 26:26-29, Mark 14:22-25, Luke 22:19-20, and 1Corinthians 11:23-26.
- c) A simple statement of the **meaning** of the Lord's Supper as found in I.1-2. Ex 12:26-27; Matt 26:26-28
1Cor 10:16; 11:23-29; 14:19
- d) A **warning** by the pastor, which includes:
- i) A brief restatement of the requirements listed in II.1.
- ii) That TRC practices open Communion, meaning that formal membership in TRC is not required, provided the stated requirements are met. Acts 10:34-35,44-48; 15:8-9
1Cor 10:16-17
Gal 3:27-28; Eph 2:13-19
- iii) Finally, it should be stated that if there is any doubt, the individual ought to abstain from the Supper and speak with the pastor. 1Cor 11:27-29; 2Cor 13:5
Gal 6:1; Heb 13:17
James 1:5; 5:14

III – Administration

- 1) Each local church has liberty in ordering the circumstances, and particulars, of worship and discipline, according to Scripture and Christian prudence. Matt 16:19; 18:17-20
Acts 14:23; 1Cor 5:4-5
1Cor 11:13-14; 14:40
- a) Discernment is required to guard the holiness of the sacraments, while remembering that they are means of God's grace in Christ to all the saints. Matt 7:6; John 13:34-35; Rom 14:1; 15:1-7
1Cor 5:6-8; 10:16-17; 11:27-29; Gal 6:10
Eph 4:2-3; Col 3:12-14; Heb 13:10; 1Pet 4:8
- b) Thus such things as superstition, neglect, petty partisanship, legalism, or an autonomous consumer mentality must be avoided. Matt 5:8-9; 16:24; 23:23-28
Rom 12:3,10; 14:17; 1Cor 1:10-13; 10:24
Phil 2:3-4; Col 2:20-23; Heb 10:25
- 2) Listed below is TRC's stance on the circumstances and particulars regarding the Lord's Supper:
- a) **Officiating**: Only an ordained minister, in good standing, and approved by TRC's pastor, may administer the sacraments. Matt 28:18-20; Acts 20:28
1Cor 4:1; 11:20,23-26
1Tim 4:14; 5:22; Heb 5:4
- b) **Distributing**: The deacons will maintain and give out the elements for Lord's Day worship. Acts 6:1-6
1Tim 3:9-10
- c) **Frequency**: Under normal circumstances, the Supper will be celebrated weekly during Lord's Day worship, which appears to be the pattern of the New Covenant and the ancient church. Acts 2:42; 20:7
1Cor 11:20,23-26; 16:2
Rev 1:10

- d) **Elements:** Leavened bread and non-alcoholic “fruit of the vine” will be used. Matt 26:26-29; Mark 14:22-25
Luke 22:17-20; 1Cor 11:23-36
- i) Since the Supper is meant to represent unity and discipline, individual preferences are not a major concern, though there are always cases for charity. John 17:21; 1Cor 5:6-8; 10:16-17
11:18-20,27-32; 12:12; 14:40
Eph 4:4-6; Col 3:15
- ii) Leavened bread is used in recognition that we are under the New Covenant, the Messiah has come, made full propitiation for sin, reigns in heaven, and has poured out the Holy Spirit upon His people, thus the Supper is a royal feast. Ex 12:11; Deut 16:3; Is 25:6
Matt 8:11; 22:2-4; Luke 14:15-24
Acts 2:33,46-47; 1Cor 10:16-21
Heb 1:3-4; 8:6-13; 12:22-24,28
2Cor 3:6; Jude 12; Rev 19:6-9
- iii) Grape juice is used out of charity and pastoral concerns. Is 65:8; Matt 26:29
Rom 14:21; 1Cor 11:21
- 3) Children of TRC may first come to the Lord’s Supper when:
- a) Their parents, or guardians, judge that the child gives a credible profession of repentance and faith in Christ. Gen 18:19; Ex 12:26-27; 13:8
Deut 6:6-7; Josh 24:15; Eph 6:4
- b) The child is then brought to the pastor for instruction in the meaning of the Supper. Matt 7:6
Acts 2:41-42; 20:28
- 4) Instruction in the meaning of the sacraments will be included in all membership and confirmation classes. 1Cor 11:27-29