



## FOR REFLECTION

### Ways to Prepare for the Holy Supper

There are a variety of ways that we can prepare for the Holy Supper. One way is to engage in self-examination to identify a tendency toward evil that we need to work on. But we can feel free to partake of the Holy Supper when we have prepared in other ways such as those listed below. The key is to come before the Lord with humility and with our minds focused on Him.

*The following ideas illustrate a variety of ways people prepare to take the Holy Supper:*

- Take a look at yourself, identify an evil (tendency or action), and try to shun it.
- Read a portion of the Lord's Word, thinking about its application to your life.
- Ask for the Lord's help with a relationship (interaction), a commitment, or a decision.
- Think about the bread and wine as symbols of Divine qualities that you desire in your life.
- Reflect on the Lord's great love and compassion for the entire human race.
- Ask yourself, "Do I wish to be in the presence of the Lord by partaking of this spiritual meal?"

*What are some additional ways a person could prepare for taking the Holy Supper?*

**Note:** Taking the Holy Supper might be hypocritical and create serious spiritual consequences if we are actively involved in an evil (in thought or deed) and do not have a sincere desire to stop doing it.