**The Real Reason to Take the Lord’s Supper Every Week**

In **Acts 20:7**, the disciples gathered on the first day of the week to break bread. Certainly, the idiom “break bread” can refer to any form of eating. Perhaps the text is saying they gathered for a weekly potluck. However, in **I Corinthians 10:14-22**, we learn the bread which Christians break in a spiritual context is not for physical sustenance, but spiritual. We understand that in the context of the Christians gathering together, “break bread” refers to participating in the Lord’s Supper, established by Jesus on the night He was betrayed (cf. **Matthew 26:26-29; Mark 14:22-25; Luke 22:14-23**). It is not so much a meal as a memorial. The point of it is not to fill the body, but to feed the soul.

Among those who claim to be Christian, of all stripes and across the whole spectrum, folks universally view this as a beautiful picture. In almost every kind of “Christian” fellowship, the Supper is viewed with reverence and awe. Yet, some only participate once a month, once a quarter, once a year, or on special days considered holy. We have chosen to participate weekly. Why should we do that?

Sadly we too often take the Supper weekly only as a means to prove our worth through keeping the pattern. If we are not careful, we can turn this meal that shows our dependence on God into a means of proving to God how much He can depend on us. Then we’ve turned the whole thing on its head. Don’t misunderstand,