

What are strengthened and refreshed in the Lord's supper?—Our souls.

By what are our souls strengthened in the Lord's supper?—By the body and blood of Christ.

In what manner are our souls strengthened and refreshed in the Lord's supper?—In the same manner as the body is by bread and wine.

Is it necessary that we should be able to explain how this is?—No.

Why do we believe that it is so?—Because the word of God has revealed it. 1 Cor. x. 16; John vi. 55.

Can we expect to have our souls strengthened and refreshed, if we neglect the means Christ has appointed for that purpose?

What is the means he has appointed?—The Lord's supper.

What is required of those who come to the Lord's Supper?

To examine themselves, whether they repent them truly of their former sins, steadfastly purposing to lead a new life; have a lively faith in God's mercy through Christ, with a thankful remembrance of his death; and be in charity with all men.

What part of this answer does Scripture lay down?—That we are to examine ourselves. 1 Cor. xi. 28.

Who instructs you *how* to examine yourself?—The Church.

Why is it necessary to examine ourselves?—That we may not eat and drink unworthily. 1 Cor. xi. 28, 29.

What is the first thing in which you are to examine yourself?—Whether I *repent truly of my former sins*.