

Communion is a way for Christians to practice **remembering** what Jesus has done for us. We read in the gospels (the eye witness accounts of the life, death and resurrection of Jesus) that before he was betrayed by Judas and suffered the cross, he shared a meal with His disciples. Jesus was teaching how He was the provision for us to enter into community with God! Here's a few verses from Matthew chapter 26:26-28

### **Institution of the Lord's Supper**

*<sup>26</sup> As they were eating, Jesus took some bread and blessed it. Then he broke it in pieces and gave it to the disciples, saying, "Take this and eat it, for this is my body."*

*<sup>27</sup> And he took a cup of wine and gave thanks to God for it. He gave it to them and said, "Each of you drink from it, <sup>28</sup> for this is my blood, which confirms the covenant<sup>[a]</sup> between God and his people. It is poured out as a sacrifice to forgive the sins of many.*

Jesus tells us that the bread was a symbol for His body and that the cup was a symbol for His blood, which was poured out for the forgiveness of sins. Jesus paid the debt of sin that prevented us from being in a right relationship with God.

The Apostle Paul further explains communion to another church in 1 Corinthians 11:23-28

*<sup>23</sup> For I pass on to you what I received from the Lord himself. On the night when he was betrayed, the Lord Jesus took some bread <sup>24</sup> and gave thanks to God for it. Then he broke it in pieces and said, "This is my body, which is given for you.<sup>[a]</sup> Do this in **remembrance** of me." <sup>25</sup> In the same way, he took the cup of wine after supper, saying, "This cup is the new covenant between God and his people—an agreement confirmed with my blood. Do this in **remembrance** of me as often as you drink it." <sup>26</sup> For every time you eat this bread and drink this cup, you are announcing the Lord's death until he comes again.*

*<sup>27</sup> So anyone who eats this bread or drinks this cup of the Lord unworthily is guilty of sinning against<sup>[b]</sup> the body and blood of the Lord. <sup>28</sup> That is why you should examine yourself before eating the bread and drinking the cup.*

So as we make some space this morning to remember Jesus, and what He's done for us by ways of His life, death and resurrection, we also earnestly examine our lives before God.

Are we carrying bitterness or resentment? Are we harboring patterns of sin? Have we traded in our freedom, just to put shackles back on?

This is an opportunity for us to repent before God and then come to the table and eat the bread and drink the cup because we also remember that our forgiveness was not something we earned, but something we received from Jesus! We can participate in communion because Jesus has made a way for us as our provision, to be in community with God.

Maybe you're not in a position to want to follow Jesus right now but you've found yourself in this service or listening to this sermon online. If that's you, may I ask you to consider one small scripture?

Romans 5:8 says:

*<sup>8</sup> but God shows his love for us in that while we were still sinners, Christ died for us.*

I invite you to ponder that statement. I encourage you to write down any thoughts or questions you have about communion and find someone who you might be able to talk to about it.

If you're already a follower of Jesus, consider these following verses for your time of reflection and to write down your thoughts in your journal.

**Psalm 139:23-24**

***Search me, O God, and know my heart! Try me and know my thoughts! And see if there be any grievous ways in me, and lead me in the way everlasting!***

Read this text a few times. Does anything come to mind quickly? If not take a moment to be still and wait for the Lord to reveal something to you.

Write your thoughts about what it means to be lead in the way everlasting? Feel free to look up some other passages if that helps. (John 17:3)

**1 John 1:9**

***If we confess our sins, he is faithful and just to forgive us our sins and cleanse us from all unrighteousness.***

When is the last time you made the time to confess sins, or areas of struggle in your life to the Lord?

Think back to when you first confessed your sins to Jesus and the joy that washed over you as you realized that you were forgiven! Do you feel that same joy even now? If not, consider reading through Psalm 51.

**Titus 3:4-7**

***<sup>4</sup>But when the goodness and loving kindness of God our Savior appeared, <sup>5</sup>he saved us, not because of works done by us in righteousness, but according to his own mercy, by the washing of regeneration and renewal of the Holy Spirit, <sup>6</sup>whom he poured out on us richly through Jesus Christ our Savior, <sup>7</sup>so that being justified by his grace we might become heirs according to the hope of eternal life.***

What is God saying to you right now as you read this passage?

How can this passage be applied to your life right now?

When you read this passage, who comes to mind in your life that you want to hear this? Take a moment to pray for them!