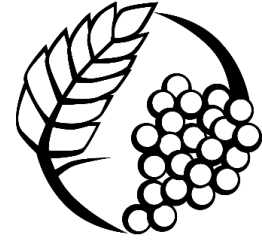


TAKE AND EAT



The Blessings of the Lord's Supper

A Gift Jesus Eagerly Gives You

Luke 22:15-20

[Jesus] said to [his disciples], "I have eagerly desired to eat this Passover with you before I suffer. For I tell you, I will not eat it again until it finds fulfillment in the kingdom of God."

After taking the cup, he gave thanks and said, "Take this and divide it among you. For I tell you I will not drink again from the fruit of the vine until the kingdom of God comes."

And he took bread, gave thanks and broke it, and gave it to them, saying, "This is my body given for you; do this in remembrance of me."

In the same way, after the supper he took the cup, saying, "This cup is the new covenant in my blood, which is poured out for you."

1. Take a moment to reflect on the fact that Jesus eagerly gives you gifts. Think about the Giver. Think about his gift to you called Communion. What is on your mind? What does this tell you about your relationship with the Son of God? What do you want to say to Jesus?

Vertical Blessings

Luke 22:16,19

"I tell you, I will not eat it again until it finds fulfillment in the kingdom of God." . . . In the same way, after the supper he took the cup, saying, "This cup is the new covenant in my blood, which is poured out for you."

Matthew 26:28

"This is my blood of the covenant, which is poured out for many for the forgiveness of sins."

Hebrews 9:15

For this reason Christ is the mediator of a new covenant, that those who are called may receive the promised eternal inheritance—now that he has died as a ransom to set them free from the sins committed under the first covenant.

Revelation 1:4-5

Grace and peace to you from him who is, and who was, and who is to come, . . . from Jesus Christ, who is the faithful witness, the firstborn from the dead, and the ruler of the kings of the earth. To him who loves us and has freed us from our sins by his blood . . .

Romans 5:9

Since we have now been justified by his blood, how much more shall we be saved from God’s wrath through him!

Matthew 11:28-29

“Come to me, all you who are weary and burdened, and I will give you rest. . . . You will find rest for your souls.”

1 Peter 2:24

“He himself bore our sins” in his body on the cross, so that we might die to sins and live for righteousness; “by his wounds you have been healed.”

BLESSINGS FROM GOD IN THE LORD’S SUPPER:

- | | |
|----|----|
| 1. | 4. |
| 2. | 5. |
| 3. | 6. |

2. Reflect on the vertical blessings you receive in the Lord’s Supper. Which ones do you most often remember when taking Communion? Which ones do you especially want to remember the next time you take Communion?
3. Unlike baptism, the Lord’s Supper is a sacrament Jesus instructs us to continue receiving. How does this distinction further demonstrate Jesus’ perfect understanding and care for us?

Horizontal Blessings

Summary of 1 Corinthians 10 & 11 (koinonia)

1 Corinthians 10:17

Because there is one loaf, we, who are many, are one body, for we all share the one loaf.

Acts 2:42-44

[The believers] devoted themselves to the apostles’ teaching and to fellowship, to the breaking of bread and to prayer. Everyone was filled with awe at the many wonders and signs performed by the apostles. All the believers were together and had everything in common.

Colossians 3:13

Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you.

James 5:16

Confess your sins to each other and pray for each other.

THREE COMMUNIONS (KOINONIAS) OF THE LORD'S SUPPER:

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4. What insight, beauty, mystery, or questions to do you find in the fact that Jesus gave us a sacrament that is done, not individually, but together as a church family?
 5. Agree or disagree: Loving each other more at St. Mark's would lead us to appreciate Communion more.
Or: Appreciating Communion more would lead us to love each other more.

Communicating and Receiving Both Kinds of Blessings

6. Think of how we celebrate Communion at St. Mark's. Where do you see vertical and horizontal blessings communicated? Which blessings aren't as easy identified?
7. An option for midweek services?
8. What is your takeaway or what's still on your mind from today's lesson?