

ONE AT HOME

COMMUNION

REFLECTION

A SIMPLE

COMMUNION

Today, break from tradition by letting the Lord's Supper speak for itself and by giving yourself extra time to reflect on what the Holy Spirit might be saying to you through the supper. So first, read the words Paul gave us for taking the Lord's supper.

1 Corinthians 11:23-26

For I received from the Lord what I also delivered to you, that the Lord Jesus on the night when he was betrayed took bread, and when he had given thanks, he broke it, and said, "This is my body, which is for you. Do this in remembrance of me."

In the same way also he took the cup, after supper, saying, "This cup is the new covenant in my blood. Do this, as often as you drink it, in remembrance of me." For as often as you eat this bread and drink the cup, you proclaim the Lord's death until he comes. (ESV)

If you are repenting of your sins and believing in Jesus Christ as your Lord and Savior then please eat the bread and drink the cup. Please take the time to reflect on whatever the Holy Spirit needs to say to you through the supper today.