



REMEMBER!

Jesus told the disciples, “Do this in remembrance of me.” When I partake in communion, I remember that Jesus died as the perfect sacrifice for my sins—for everyone’s sins, for all time!

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.

1 CORINTHIANS 11:23-26 (ESV)

OUR DEVOTIONAL

In these verses, there’s a part that I sometimes miss: “For as often as you eat this bread and drink the cup, you proclaim the Lord’s death until he comes.” For as often. Paul is not saying how often we can or should, but as often as we do.

I want to share what happened recently when I celebrated communion by myself. I’d been having many days of feeling discouraged and kind of down. I wasn’t enjoying anything I was doing like I usually do. I prayed, but I continued to get more and more stuck and frustrated with everything and with myself!

During my one-on-one communion with Jesus, I remembered what His death on the cross did for me and that my sins are forgiven because of His sacrifice. But there was so much more for me this time. Jesus met me where I was spiritually and emotionally. I reconnected with Jesus as I focused my thoughts and my spirit on Him. I humbled myself and chose to give Him my burden of discouragement and frustration. He took it, and He renewed my spirit! My time in communion and prayer strengthened my relationship with my God. I needed this more than I knew. God is a faithful God!

Communion with our church family is a time to remember Christ’s sacrifice together. But we aren’t limited to celebrating communion at church. A personal communion with Christ can be a wonderful time of worship and restoration. There’s so much about communion to remember and to be thankful for.

FAMILY MOMENT

Talk with your kids about Easter and Jesus’ death. If your kids are old enough, connect it to communion and take communion as a family and spend a few minutes of praising Him together.

PRAYER & REFLECTION

Today is Good Friday, the day set aside for us to remember Jesus’ death on the cross. Add communion to your tradition today. If you don’t have a Good Friday tradition, it’s never too late to start one.