

# Your Mind During the Lord's Supper

Partaking of the Lord's Supper is not easy. It is challenging because it requires deep reflection and concentration. If we merely go through the motions, we can become spiritually weak (1 Corinthians 11:28-30).

How do we properly engage in this important act of worship and avoid bringing judgment on ourselves? What should our minds be dwelling on while we partake of the Lord's Supper?

## **It should be on the Lord.**

- It is called "the Lord's Supper" because it is a memorial for Jesus. We do it to remember what Jesus did for us at Calvary (Matthew 26:26-28). Jesus instituted the supper on the night of the Jewish Passover (Matthew 26:17). During the meal where Israel remembered their deliverance from Egypt, Jesus established a new memorial to help Christians remember how He delivered them from their sins. The bread represents His body that was abused and hung on the cross (1 Corinthians 11:23-24).
- The cup represents His precious blood that was shed so that we can receive forgiveness of sins and become the covenant people of God (1 Corinthians 11:25; John 1:29; Ephesians 1:7; 1 Peter 1:18-19).
- While partaking of the Lord's Supper, we must dwell on the love of God, the sacrifice of Jesus, and the blessings that are available to us because of that sacrifice. When we don't dwell on the Lord's sacrifice, we partake of the Lord's Supper in an unworthy manner (1 Corinthians 11:27). The word "unworthy" refers to the manner of our participation. It refers to our mentality when taking the Lord's Supper. If we don't correctly examine what the Lord has done for us while partaking, we dishonor God and bring judgment on ourselves.

## **It should be on fellowship.**

- The word "fellowship" refers to "communion." It refers to spiritual sharing and joint participation.
- We share in the body and blood of the Lord (1 Corinthians 10:16-21). We are in a time of fellowship with one another and the Lord (Matthew 26:29).
- Each time we partake of the Lord's Supper, we need to dwell on the unity we have as a body of believers!

## **It should be on proclaiming the Lord's death.**

- The Lord's Supper provides an avenue for us to proclaim to the world that we believe in the death, burial, and resurrection of Jesus (1 Corinthians 11:26).
- We proclaim that we believe Jesus is real, He loves us, and His sacrifice saves us from our sins.
- Let us never be ashamed to proclaim our belief in the benefits of the Lord's death!

## **It should be on the Lord's return.**

- We are to partake of the Lord's Supper "until He comes again" (1 Corinthians 11:26b).
- The Bible promises that the Lord will return for His people (John 14:1-3; 1 Thessalonians 4:16; Acts 1:9-11).
- By partaking of the Lord's Supper, we proclaim that we believe in God's ability to keep His promise to send His Son back!

## **Conclusion:**

Let us always challenge ourselves to have our minds focused on the right things each time we are privileged to communion with the Lord and one another.