

GOD & me God Strengthens Me

March 20, 2016 / Jeff Gunn

²³ For I received from the Lord what I also passed on to you: The Lord Jesus, on the night he was betrayed, took bread, ²⁴ 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." ²⁵ In the same way, after supper he took the cup, saying, "This cup is the new covenant in my blood; do this, whenever you drink it, in remembrance of me." ²⁶ For whenever you eat this bread and drink this cup, you proclaim the Lord's death until he comes. ²⁷ So then, whoever eats the bread or drinks the cup of the Lord in an unworthy manner will be guilty of sinning against the body and blood of the Lord. ²⁸ Everyone ought to examine themselves before they eat of the bread and drink from the cup. ²⁹ For those who eat and drink without discerning the body of Christ eat and drink judgment on themselves. **1 Corinthians 11:23-29, NIV**

What is a _____? How does it _____ me?

- ⇒ A _____ act.
- ⇒ Established by _____.
- ⇒ Uses _____ elements.
- ⇒ Conveys _____ blessings.

⁸ You have despised my holy things and desecrated my Sabbaths. **Ezekiel 22:8, NIV**

²¹ You cannot drink the cup of the Lord and the cup of demons too; you cannot have a part in both the Lord's table and the table of demons. **1 Corinthians 10:21, NIV**

The Lord's Supper is a _____ act. We treat it that way by receiving it...

- ⇒ As Christ's true _____ and _____
- ⇒ With a _____, _____, _____ heart

²³ "I have the right to do anything," you say—but not everything is beneficial. "I have the right to do anything"—but not everything is constructive. ²⁴ No one should seek their own good, but the good of others... ³¹ So whether you eat or drink or whatever you do, do it all for the glory of God. **1 Corinthians 10:23-24, 31, NIV**

³⁵ Then Jesus declared, "I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty." **John 6:35, NIV**

The Lord's Supper was _____ by Christ for my use.

¹⁶ Is not the cup of thanksgiving for which we give thanks a participation in the blood of Christ? And is not the bread that we break a participation in the body of Christ? **1 Corinthians 10:16, NIV**

⁸ Taste and see that the Lord is good; blessed is the one who takes refuge in him. **Psalms 34:8, NIV**

The Lord's Supper uses the earthly elements of _____ and _____ so that I can _____ God's goodness.

²⁸ This is my blood of the covenant, which is poured out for many for the forgiveness of sins. **Matthew 26:28, NIV**

²² But now that you have been set free from sin and have become slaves of God, the benefit you reap leads to holiness, and the result is eternal life. ²³ For the wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord. **Romans 6:22-23, NIV**

The Lord's Supper conveys _____ blessings to me.

MEMORY VERSE

²⁸ This is my blood of the covenant, which is poured out for many for the forgiveness of sins. **Matthew 26:28, NIV**

Bottom line: I come frequently to the Lord's Supper because it is part of a complete and healthy spiritual diet.

What's your next step today? Mark it on your Communication Card.