

## TAKE AND EAT

When evening came, he was reclining at the table with the Twelve.  
Matthew 26:20

As they were eating, Jesus took bread, blessed and broke it, gave it to the disciples, and said, “Take and eat it; this is my body.” Then he took a cup, and after giving thanks, he gave it to them and said, “Drink from it, all of you. For this is my blood of the covenant, which is poured out for many for the forgiveness of sins.”  
Matthew 26:26-28

*“What do they use them for? To look at? No, to look through them. So, use the bread and wine as a pair of [glasses]. Look through them, and do not be satisfied until you can say, “Yes, yes, I can see the Lamb of God, which taketh away the sin of the world.”*  
Charles Spurgeon

### 1. Communion anchors our Relationship in History

*“We should be saying in our hearts, ‘as sure as I see and touch and taste this bread and this wine, so sure it is that Jesus Christ is not a fancy but a fact, that he is for real, and that he offers himself to be my Saviour, my Bread of Life, and my Guide to glory. He has left me this rite, this gesture, this token, this ritual action as a guarantee of this grace; He instituted it, and it is a sign of life-giving union with him, and I’m taking part in it, and thus I know that I am his and he is mine forever.’ That is the assurance that we should be drawing from our sharing in the Lord’s Supper every time we come to the table.”*  
JI Packer

### 2. Communion guides our Relationship to Sincerity

While they were eating, he said, “Truly I tell you, one of you will betray me.” Deeply distressed, each one began to say to him, “Surely not I, Lord?” He replied, “The one who dipped his hand with me in the bowl—he will betray me. The Son of Man will go just as it is written about him, but woe to that man by whom the Son of Man is betrayed! It would have been better for him if he had not been born.” Judas, his betrayer, replied, “Surely not I, Rabbi?” “You have said it,” he told him. Matthew 26:21-25

Let a person examine himself; in this way let him eat the bread and drink from the cup. 1 Corinthians 11:28

### 3. Communion points to our Relationship for Eternity

But I tell you, I will not drink from this fruit of the vine from now on until that day when I drink it new with you in my Father’s kingdom.  
Matthew 26:29

Reflection Question:

What qualities or acts of Jesus do you need to remember as we take communion today?

Scripture from the CSB unless noted.