

I Corinthians 11:23-34 (NKJV)

23 For I received from the Lord that which I also delivered to you: that the Lord Jesus on the *same* night in which He was betrayed took bread;

24 and when He had given thanks, He broke *it* and said, “Take, eat; this is My body which is broken for you; do this in remembrance of Me.”

25 In the same manner *He* also *took* the cup after supper, saying, “This cup is the new covenant in My blood. This do, as often as you drink *it*, in remembrance of Me.”

26 For as often as you eat this bread and drink this cup, you proclaim the Lord’s death till He comes.

27 Therefore whoever eats this bread or drinks *this* cup of the Lord in an unworthy manner will be guilty of the body and blood of the Lord.

28 But let a man examine himself, and so let him eat of the bread and drink of the cup.

29 For he who eats and drinks in an unworthy manner eats and drinks judgment to himself, not discerning the Lord’s body.

30 For this reason many *are* weak and sick among you, and many sleep.

31 For if we would judge ourselves, we would not be judged.

32 But when we are judged, we are chastened by the Lord, that we may not be condemned with the world.

33 Therefore, my brethren, when you come together to eat, wait for one another.

34 But if anyone is hungry, let him eat at home, lest you come together for judgment. And the rest I will set in order when I come.

Applications:

Communion is a time of self-reflection, repentance and leaning into Christ with Thanksgiving and Praise.

Communion is a time of renewing your commitment to love one another.