

Matthew 26:26-30 (ESV)

26 Now as they were eating, Jesus took bread, and after blessing it broke it and gave it to the disciples, and said, “Take, eat; this is my body.”

27 And he took a cup, and when he had given thanks he gave it to them, saying, “Drink of it, all of you,

28 for this is my blood of the covenant, which is poured out for many for the forgiveness of sins.

29 I tell you I will not drink again of this fruit of the vine until that day when I drink it new with you in my Father's kingdom.”

30 And when they had sung a hymn, they went out to the Mount of Olives.

1 Corinthians 11:26-29 (ESV)

26 For as often as you eat this bread and drink the cup, you proclaim the Lord's death until he comes.

27 Whoever, therefore, eats the bread or drinks the cup of the Lord in an unworthy manner will be guilty concerning the body and blood of the Lord.

28 Let a person examine himself, then, and so eat of the bread and drink of the cup.

29 For anyone who eats and drinks without discerning the body eats and drinks judgement on himself.

Applications:

Communion is for Connection.

Communion is for Reflection.

Communion is for Self-Examination.

Communion is for Proclamation.