



rites of spring



Week 1 - Communion

RITE: (noun)

:: a religious ceremony or act

:: customary observances

Healthy rhythms will lead us into deeper journey with God.

Matthew 26:26-29

As they were eating, Jesus took some bread and blessed it. Then he broke it in pieces and gave it to the disciples, saying, 'Take this and eat it, for this is my body.' And he took a cup of wine and gave thanks to God for it. He gave it to them and said, 'Each of you drink from it, for this is my blood, which confirms the covenant between God and his people. It is poured out as a sacrifice to forgive the sins of many. Mark my words – I will not drink wine again until the day I drink it new with you in my Father's Kingdom.'

Communion helps us remember the past **SACRIFICE** of Jesus.

1 Corinthians 11:26

For every time you eat this bread and drink this cup, you are announcing the Lord's death until he comes again.

1 Corinthians 11:29

For if you eat the bread or drink the cup without honoring the body of Christ, you are eating and drinking God's judgment upon yourself.

Communion helps us remember the present **COMMUNITY** we belong to.

Communion helps us rejoice in our future [HOPE!](#)

Matthew 26:29

Mark my words – I will not drink wine again until the day I drink it new with you in my Father's Kingdom.

Trilogy of Meals:

Meal 1: Passover (Exodus 12)

Meal 2: The Last Supper (Matthew 26:17-30)

Meal 3: The Marriage Supper of the Lamb (Revelation 19:6-9)

SO WHAT?

:: Be reminded of the [URGENCY](#) of mission.

:: Slow down and be [RESTORED](#).

NOTES:



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How to start a relationship with God:

- 1) Admitting that you, like everyone else, are in need of rescue.
- 2) Asking God to forgive your sins.
- 3) Saying YES to God by trusting Jesus as Savior & Lord.

You can do that right now by simply talking to God in a prayer like this:

***Dear Lord Jesus, I know I am a sinner, and I ask for Your forgiveness. I believe You died for my sins and rose from the dead. Today, I receive you as my Savior; and I put my faith in you as my LORD. Help me to look to you and follow you all the days of my life.
In Your name, Amen.***

For Further Reflection:

:: Read the passages listed below. As you do, reflect upon their connection to the bread (body of Christ) element in communion.

:: Exodus 16

:: John 6:22-59

:: Read the passages listed below. As you do, reflect upon their connection to the wine (blood of Christ) element in communion.

:: Exodus 12:21-30

:: John 2:1-12

:: Review 1 Corinthians 11:17-34.

:: What does this teach us about the importance of community?

:: What are some roadblocks that can prevent us from honoring the body of Christ?

:: Communion connects us to the idea of the marriage supper of the Lamb.

:: How can a focus on heaven be helpful to us?

:: What do you find most encouraging about it?

:: Pastor Josh unpacked the 'trilogy of meals' concept. Do you need the urgency focus found in Passover or do you need the rest/restore focus found in the Marriage Supper?

Unless otherwise noted, today's Scripture is from the New Living Translation [NLT].

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