



JOURNALING WITH JESUS
Love Triumphs!

HOLY COMMUNION

Spiritual Union With Jesus

The Lord Jesus on the same night in which He was betrayed took bread; 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." 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."

1 Corinthians 11:23-25 NKJV

SACRED CELEBRATION

By celebrating Communion, we acknowledge the sacrificial death Jesus endured to forgive our transgressions and restore us to a right relationship with our Heavenly Father. The elements (bread and juice) are tangible and visible reminders of the tremendous love Jesus has for each of us and the generosity of His heart toward us. He gave His body and poured out His blood to ratify a New Covenant that cannot be broken.

NEW COVENANT

The New Covenant is based on faith in the shed blood of Jesus to take away sin, not on repeated sacrifices or any other kind of work (Ephesians 2:8-9). Jesus is the holy Lamb of God; His one-time sacrifice is all that is needed to atone for the transgressions of all who believe in Him. His shed blood and broken body are sufficient to pay for our sins.



Artwork by Alyssa Kumle

LEAN INTO JESUS

Begin by reading the scripture above out loud. Then, while listening to worship, take the elements in your hands, meditate on the beauty of Christ. Focus on His love. Reflect on the truth that His body was broken for your healing and His blood was shed for your cleansing. Bring any cares, concerns, iniquities, transgressions, or offenses to Him. Allow Him to speak into your heart. Allow His blood to wash you clean. Allow His love to restore you. As Jesus meets you in this sacred place of Holy Communion, also allow Him to guide you when to eat and when to drink. Follow His lead.

SUGGESTED WORSHIP SONGS

- ♥ Lead Me to the Cross by Brooke Ligertwood
- ♥ Father of Jesus by Jonathan David Helsler
- ♥ The Blood by Bethel
- ♥ Wounded One by Davy Flowers