

BIBLICAL PRAXIS OF MISSION

Class 6: Sustaining Prayer Through Trials And Tribulations

John Harrigan

I. INTRODUCTION AND REVIEW

- A. In context to the coming Kingdom, Resurrection and Judgment, the Church is a sojourning nation, called to witness all the other nations that Jesus is the Christ, the one appointed Judge of the living and the dead.

Right Hand of Sound Instruction

He commanded us to preach to the people and to testify that he is the one whom God appointed as judge of the living and the dead.
(*NIV Acts 10:42*)

You are a chosen race, a royal priesthood, a holy nation, God's own people, in order that you may proclaim the mighty acts of him who called you out of darkness into his marvelous light... ¹¹ Beloved, I urge you as aliens and exiles to abstain from the desires of the flesh that wage war against the soul. ¹² Conduct yourselves honorably among the Gentiles, so that, though they malign you as evildoers, they may see your honorable deeds and glorify God when he comes to judge. (*NRSV 1 Peter 2:9-12*)



- B. God has given us a deposit of the Holy Spirit to aid us in this witness. The Holy Spirit, from start to finish, is accessed by prayer, which God has ordained as the singular means grace.

Do not leave Jerusalem, but wait for the gift my Father promised, which you have heard me speak about. ⁵ For John baptized with water, but in a few days you will be baptized with the Holy Spirit... ⁸ you will receive power when the Holy Spirit comes on you; and you will be my witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth. (*NIV Acts 1:4-8*)

So I say to you: Ask and it will be given to you; seek and you will find; knock and the door will be opened to you... ¹¹ Which of you fathers, if your son asks for a fish, will give him a snake instead? ¹² Or if he asks for an egg, will give him a scorpion? ¹³ If you then, though you are evil, know how to give good gifts to your children, how much more will your Father in heaven give the Holy Spirit to those who ask him! (*NIV Luke 11:9-13*)

- C. The watchful lifestyle *internally* disciplines the heart in repentance and belief, unto an asking of the Holy Spirit for right reasons. However, God has also deemed it fit to use trials and tribulations to *externally* discipline our hearts unto repentance and belief, which results in righteousness and maturity.

In your struggle against sin, you have not yet resisted to the point of shedding your blood. ⁵ And you have forgotten that word of encouragement that addresses you as

Daniel Training Network

www.danieltrainingnetwork.org/www.gospelofchristcrucified.com

sons: "My son, do not make light of the Lord's discipline, and do not lose heart when he rebukes you, ⁶ because the Lord disciplines those he loves, and he punishes everyone he accepts as a son." ⁷ Endure hardship as discipline; God is treating you as sons. For what son is not disciplined by his father? ⁸ If you are not disciplined (and everyone undergoes discipline), then you are illegitimate children and not true sons. ⁹ Moreover, we have all had human fathers who disciplined us and we respected them for it. How much more should we submit to the Father of our spirits and live (in the resurrection)! ¹⁰ Our fathers disciplined us for a little while as they thought best; but God disciplines us for our good, that we may share in his holiness. ¹¹ No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace for those who have been trained by it. ¹² Therefore, **strengthen your feeble arms and weak knees. (^{NIV} Hebrews 12:4-12)**

- D. Trials and tribulations have a two-fold purpose: 1) the humiliation of humanity unto repentance and 2) the identification of God as loving and long-suffering. Trials and tribulations thus make us consider the severity and kindness of God that we might maintain a watchful lifestyle of prayer, unto a faithful witness, unto our inheritance in the kingdom.

Do not be conceited, but fear; ²¹ for if God did not spare the natural branches, He will not spare you, either. ²² Behold then the kindness and severity of God; to those who fell, severity, but to you, God's kindness, if you continue in His kindness; otherwise you also will be cut off. (^{NASB} Romans 11:20-22)

II. TRIALS AND TRIBULATIONS ESTABLISH HUMILITY

- A. Nothing drives the human heart to repentance and prayer more than suffering and trials. Our frailty and weakness is revealed, and we seek God for strength and grace. Moreover, God has designed death and suffering to inherently drive humanity to a place of groping.

God, who made the world and everything in it, since He is Lord of heaven and earth, does not dwell in temples made with hands... ²⁶ And He has made from one blood every nation of men to dwell on all the face of the earth, and has determined their preappointed times and the boundaries of their dwellings, ²⁷ so that they should seek the Lord, in the hope that they might grope for Him and find Him, though He is not far from each one of us... ³⁰ Truly, these times of ignorance God overlooked, but now commands all men everywhere to repent, ³¹ because He has appointed a day on which He will judge the world in righteousness by the Man whom He has ordained. He has given assurance of this to all by raising Him from the dead (implying that death communicates coming judgment). (^{NKJV} Acts 17:24-31)

For we do not want you to be ignorant, brothers, of the affliction we experienced in Asia (cf. Acts 19-20). For we were so utterly burdened beyond our strength that we despaired of life itself. ⁹ Indeed, we felt that we had received the sentence of death (eternally, i.e. Gehenna). But that was to make us rely not on ourselves but on God who raises the dead. ¹⁰ He delivered us from such a deadly peril, and he will deliver us (in the resurrection). On him we have set our hope that he will deliver us again. (^{ESV} 2 Corinthians 1:8-10)

- B. Trials and tribulations humiliate our delusions of control and self-reliance. When bad things happen to us, we are better positioned to abandon our attempts to run our lives and determine our own destinies.

To some who were confident of their own righteousness and looked down on everybody else, Jesus told this parable: ¹⁰ "Two men went up to the temple to pray, one a Pharisee and the other a tax collector. ¹¹ The Pharisee stood up and prayed about himself: 'God, I thank you that I am not like other men-- robbers, evildoers, adulterers-- or even like this tax collector. ¹² I fast twice a week and give a tenth of all I get.' ¹³ "But the tax collector stood at a distance. He would not even look up to heaven, but beat his breast and said, 'God, have mercy on me, a sinner.' ¹⁴ "I tell you that this man, rather than the other, went home justified before God. For everyone who exalts himself will be humbled, and he who humbles himself will be exalted." (NIV Luke 18:9-14)

When a woman who had lived a sinful life in that town learned that Jesus was eating at the Pharisee's house, she brought an alabaster jar of perfume... ⁴⁴ Then he turned toward the woman and said to Simon, "Do you see this woman? I came into your house. You did not give me any water for my feet, but she wet my feet with her tears and wiped them with her hair. ⁴⁵ You did not give me a kiss, but this woman, from the time I entered, has not stopped kissing my feet. ⁴⁶ You did not put oil on my head, but she has poured perfume on my feet. ⁴⁷ Therefore, I tell you, her many sins have been forgiven-- for she loved much. But he who has been forgiven little loves little." (NIV Luke 7:37-47)

- ***If anyone else thinks he has reasons to put confidence in the flesh, I have more: ⁵ circumcised on the eighth day, of the people of Israel, of the tribe of Benjamin, a Hebrew of Hebrews; in regard to the law, a Pharisee; ⁶ as for zeal, persecuting the church; as for legalistic righteousness, faultless. (NIV Philippians 3:4-6)***
 - ***Meanwhile, Saul was still breathing out murderous threats against the Lord's disciples... ³ As he neared Damascus on his journey, suddenly a light from heaven flashed around him... ¹⁵ But the Lord said to Ananias, "Go! This man is my chosen instrument to carry my name before the Gentiles and their kings and before the people of Israel. ¹⁶ I will show him how much he must suffer for my name." (NIV Acts 9:1-16)***
 - ***Even though I was once a blasphemer and a persecutor and a violent man, I was shown mercy because I acted in ignorance and unbelief. ¹⁴ The grace of our Lord was poured out on me abundantly, along with the faith and love that are in Christ Jesus. ¹⁵ Here is a trustworthy saying that deserves full acceptance: Christ Jesus came into the world to save sinners-- of whom I am the worst. ¹⁶ But for that very reason I was shown mercy so that in me, the worst of sinners, Christ Jesus might display his unlimited patience as an example for those who would believe on him and receive eternal life. (NIV 1 Timothy 1:13-16)***
1. The humbling of humanity unto repentance is the basic reason for the allowance of death and suffering in this age. God allows humanity to suffer painful toil unto returning to the dust in hopes that they would repent and be saved from perfect retribution.

Because you listened to your wife and ate from the tree about which I commanded you, 'You must not eat of it,' Cursed is the ground because of you; through painful toil you will eat of it all the days of your life. ¹⁸ It will produce thorns and thistles for you, and you will eat the plants of the field. ¹⁹ By the sweat of your brow you will eat your food until you return to the ground, since from it you were taken; for dust you are and to dust you will return. (NIV Genesis 3:17-19)

For I consider that the sufferings of this present time are not worth comparing with the glory that is to be revealed to us. ¹⁹ For the creation waits with eager longing for the revealing of the sons of God. ²⁰ For the creation was subjected to futility, not willingly, but because of him who subjected it, in hope ²¹ that the creation itself will be set free from its bondage to decay and obtain the freedom of the glory of the children of God. ²² For we know that the whole creation has been groaning together in the pains of childbirth until now. ²³ And not only the creation, but we ourselves, who have the firstfruits of the Spirit, groan inwardly as we wait eagerly for adoption as sons (in light of the sufferings), the redemption of our bodies. (ESV Romans 8:18-23)

- **Now the tax collectors and "sinners" were all gathering around to hear him. ² But the Pharisees and the teachers of the law muttered, "This man welcomes sinners and eats with them." ³ Then Jesus told them this parable... ¹⁴ After he had spent everything, there was a severe famine in that whole country, and he began to be in need... ¹⁷ When he came to his senses, he said...¹⁸ 'I will set out and go back to my father and say to him: Father, I have sinned against heaven and against you. ¹⁹ I am no longer worthy to be called your son; make me like one of your hired men.'" (NIV Luke 15:1-19)**
- **Surely God is good to Israel, to those who are pure in heart. ² But as for me, my feet had almost slipped; I had nearly lost my foothold. ³ For I envied the arrogant when I saw the prosperity of the wicked. ⁴ They have no struggles; their bodies are healthy and strong. ⁵ They are free from the burdens common to man; they are not plagued by human ills. ⁶ Therefore pride is their necklace; they clothe themselves with violence. ⁷ From their callous hearts comes iniquity; the evil conceits of their minds know no limits... ¹⁶ When I tried to understand all this, it was oppressive to me ¹⁷ till I entered the sanctuary of God; then I understood their final destiny. ¹⁸ Surely you place them on slippery ground; you cast them down to ruin. ¹⁹ How suddenly are they destroyed, completely swept away by terrors! (NIV Psalm 73:1-19)**
- **Before the mountains were born or you brought forth the earth and the world, from everlasting to everlasting you are God. ³ You turn men back to dust, saying, "Return to dust, O sons of men." ⁴ For a thousand years in your sight are like a day that has just gone by, or like a watch in the night. ⁵ You sweep men away in the sleep of death; they are like the new grass of the morning... ⁸ You have set our iniquities before you, our secret sins in the light of your presence. ⁹ All our days pass away under your wrath; we finish our years with a moan... ¹¹ Who knows the power of your anger? For your wrath is as great as the fear that is due you. ¹² Teach us to number our days aright, that we may gain a heart of wisdom...**

14 Satisfy us in the morning with your unfailing love, that we may sing for joy and be glad all our days. 15 Make us glad for as many days as you have afflicted us, for as many years as we have seen trouble. 16 May your deeds be shown to your servants, your splendor to their children. (NIV Psalm 90:2-14)

2. Thus, trials and sufferings are indispensable weapons in God's arsenal in the war against the pride of man. Tribulations bring wickedness and darkness to the forefront, which demands a response of repentance on our part. Afterward, we experience a liberty and maturity in our inner being—a sanctification and holiness that will be rewarded in the kingdom.

Consider it pure joy, my brothers, whenever you face trials of many kinds, 3 because you know that the testing of your faith develops perseverance. 4 Perseverance must finish its work so that you may be mature and complete, not lacking anything... 12 Blessed is the man who perseveres under trial, because when he has stood the test, he will receive the crown of life that God has promised to those who love him. (NIV James 1:2-12)

Therefore, since we have been justified by faith, we have peace with God through our Lord Jesus Christ. 2 Through him we have also obtained access by faith into this grace in which we stand, and we rejoice in hope of the glory of God (i.e. resurrection, cf. 4:18-25). 3 More than that, we rejoice in our sufferings, knowing that suffering produces endurance ("perseverance" NASB/NKJV/NIV, i.e. in a right state of heart), 4 and endurance produces character (maturity in our calling), and character produces hope (of reward in the resurrection), 5 and hope does not put us to shame, because God's love has been poured into our hearts through the Holy Spirit who has been given to us (as a deposit assuring our hope in the resurrection). (ESV Romans 5:1-5)

In this ("an inheritance that is imperishable"—v.4) you rejoice, though now for a little while, as was necessary, you have been grieved by various trials, 7 so that the tested genuineness of your faith- more precious than gold that perishes though it is tested by fire- may be found to result in praise and glory and honor at the revelation of Jesus Christ. (ESV 1 Peter 1:6-7)

You tolerate that woman Jezebel, who calls herself a prophetess. By her teaching she misleads my servants into sexual immorality and the eating of food sacrificed to idols. 21 I have given her time to repent of her immorality, but she is unwilling. 22 So I will cast her on a bed of suffering, and I will make those who commit adultery with her suffer intensely, unless they repent of her ways. 23 I will strike her children dead. Then all the churches will know that I am he who searches hearts and minds, and I will repay each of you according to your deeds. (NIV Revelation 2:20-23)

III. TRIALS AND TRIBULATIONS ESTABLISH LOVE

- A. Not only do trials and tribulations establish humility in the human heart in preparation for the age to come, but they also witness to the world God's unconditional love in this age. As God has been rejected, persecuted, and hated in this age—yet relentlessly responding in love and

long-suffering—so also is the Church established in the love of God by enduring suffering and persecution for the gospel, which will culminate at the end of the age.

These things I command you, so that you will love one another. ¹⁸ If the world hates you, know that it has hated me before it hated you. ¹⁹ If you were of the world, the world would love you as its own; but because you are not of the world, but I chose you out of the world, therefore the world hates you. ²⁰ Remember the word that I said to you: 'A servant is not greater than his master.' If they persecuted me, they will also persecute you... ²⁵ But the word that is written in their Law must be fulfilled: 'They hated me without a cause.' ²⁶ But when the Helper comes, whom I will send to you from the Father, the Spirit of truth, who proceeds from the Father, he will bear witness about me. ²⁷ And you also will bear witness, because you have been with me from the beginning. ^{16:1} I have said all these things to you to keep you from falling away. ² They will put you out of the synagogues. Indeed, the hour is coming when whoever kills you will think he is offering service to God. ³ And they will do these things because they have not known the Father, nor me. (ESV John 15:17-16:3)

- ***And Jesus said, "Father, forgive them, for they know not what they do." And they cast lots to divide his garments. ³⁵ And the people stood by, watching, but the rulers scoffed at him, saying, "He saved others; let him save himself, if he is the Christ of God, his Chosen One!" ³⁶ The soldiers also mocked him, coming up and offering him sour wine ³⁷ and saying, "If you are the King of the Jews, save yourself!" (ESV Luke 23:34-37)***
 - ***Now when they heard these things they were enraged, and they ground their teeth at him... ⁵⁸ Then they cast him out of the city and stoned him... ⁶⁰ And falling to his knees he cried out with a loud voice, "Lord, do not hold this sin against them." And when he had said this, he fell asleep. (ESV Acts 7:54-60)***
 - ***Then they will deliver you up to tribulation and put you to death, and you will be hated by all nations for my name's sake. ¹⁰ And then many will fall away and betray one another and hate one another. ¹¹ And many false prophets will arise and lead many astray. ¹² And because lawlessness will be increased, the love of many will grow cold. ¹³ But the one who endures to the end will be saved. ¹⁴ And this gospel of the kingdom will be proclaimed throughout the whole world as a testimony to all nations, and then the end will come. (ESV Matthew 24:9-14)***
1. Though humanity has rejected God, rebelled against his loving decess, and raged against his messengers and representative, He has patiently responded in love, compassion and forgiveness—even unto utter humiliation, self-sacrifice and death.

When we were utterly helpless, Christ came at just the right time and died for us sinners. ⁷ Now, no one is likely to die for a good person, though someone might be willing to die for a person who is especially good. ⁸ But God showed his great love for us by sending Christ to die for us while we were still sinners. ⁹ And since we have been made right in God's sight by the blood of Christ, he will certainly save us from God's judgment. ¹⁰ For since we were restored to friendship with God by the death of his Son while we were still his enemies, we will certainly be delivered from eternal punishment by his life. (NLT Romans 5:6-10)

2. The Church is the body of the Head who is presently ruling over the heavens and the earth in a posture of love and long-suffering. As the Head is ruling, so ought the Church be proclaiming. As the Head loved unconditionally, so ought the Church model that love to the world. As God is merciful to the wicked, so ought the Church proclaim and walk in mercy.

But I tell you who hear me: Love your enemies, do good to those who hate you, ²⁸ bless those who curse you, pray for those who mistreat you... ³² If you love those who love you, what credit is that to you? Even 'sinners' love those who love them... ³⁵ But love your enemies... Then your reward will be great, and you will be sons of the Most High, because he is kind to the ungrateful and wicked. ³⁶ Be merciful, just as your Father is merciful ("Be perfect, therefore, as your heavenly Father is perfect" Mt. 5:48). (NIV Luke 6:27-36)

But in your hearts set apart Christ as Lord. Always be prepared to give an answer to everyone who asks you to give the reason for the hope that you have. But do this with gentleness and respect, ¹⁶ keeping a clear conscience, so that those who speak maliciously against your good behavior in Christ may be ashamed of their slander... ¹⁸ For Christ died for sins once for all, the righteous for the unrighteous, to bring you to God. He was put to death in the body but made alive by the Spirit... ^{4:1} Therefore, since Christ suffered in his body, arm yourselves also with the same attitude, because he who has suffered in his body is done with sin. (NIV 1 Peter 3:15-4:1)

- B. The Church is thus called to imitate the apostolic witness, which itself imitated God incarnate in the Messiah.

For I think that God has exhibited us apostles as last of all, like men sentenced to death (as was the Messiah), because we have become a spectacle to the world, to angels, and to men. ¹⁰ We are fools for Christ's sake (functioning as he did), but you are wise in Christ. We are weak (not retaliating), but you are strong. You are held in honor, but we in disrepute (by the wicked). ¹¹ To the present hour we hunger and thirst, we are poorly dressed and buffeted and homeless, ¹² and we labor, working with our own hands. When reviled, we bless; when persecuted, we endure; ¹³ when slandered, we entreat (imitating the long-suffering of God in Messiah). We have become, and are still, like the scum of the world, the refuse of all things. ¹⁴ I do not write these things to make you ashamed, but to admonish you as my beloved children (to imitate God). ¹⁵ For though you have countless guides in Christ (teachers with words), you do not have many fathers (teachers with lifestyle). For I became your father in Christ Jesus through the gospel. ¹⁶ I urge you, then, be imitators of me. (ESV 1 Corinthians 4:9-16)

- C. The Church is called to show the world the long-sufferings of God, not just in word but in deed. Our lives are meant to reflect the love of God demonstrated on the Cross. In this way we "fill up in our flesh what is still lacking in regard's to Christ's afflictions." (Col. 1:24)

This is the gospel that you heard and that has been proclaimed to every creature under heaven, and of which I, Paul, have become a servant. ²⁴ Now I rejoice in what was suffered for you, and I fill up in my flesh what is still lacking in regard to Christ's afflictions, for the sake of his body, which is the church (cf. 2 Pe. 3:9). ²⁵ I have become its servant by the commission God gave me to present to you the word of

God in its fullness... ²⁸ We proclaim him, admonishing and teaching everyone with all wisdom, so that we may present everyone perfect in Christ (in the kingdom of light). (NIV Colossians 1:23-28)

- D. Not only do we endure suffering at the hands of wicked men, but we also endure suffering at the hands of wicked powers in the heavens. We witness to all in the heavens and on the earth that God is long-suffering and kind. However, he will punish all who use their power wickedly.

In that day the LORD will punish the powers in the heavens above and the kings on the earth below. ²² They will be herded together like prisoners bound in a dungeon; they will be shut up in prison and be punished after many days. ²³ The moon will be abashed, the sun ashamed; for the LORD Almighty will reign on Mount Zion and in Jerusalem, and before its elders, gloriously. (NIV Isaiah 24:21-23)

And the angels who did not stay within their own position of authority, but left their proper dwelling, he has kept in eternal chains under gloomy darkness until the judgment of the great day. (ESV Jude 1:6)

Then his wife said to him, "Do you still hold fast your integrity? Curse God and die." ¹⁰ But he said to her, "You speak as one of the foolish women would speak. Shall we receive good from God, and shall we not receive evil?" In all this Job did not sin with his lips... ¹² And when they (Job's three friends) saw him from a distance, they did not recognize him. And they raised their voices and wept, and they tore their robes and sprinkled dust on their heads toward heaven. ¹³ And they sat with him on the ground seven days and seven nights, and no one spoke a word to him, for they saw that his suffering was very great. (ESV Job 2:9-13)

Although I am less than the least of all God's people, this grace was given me: to preach to the Gentiles the unsearchable riches of Christ (cf. being "brought near through the blood of Christ" 2:13), ⁹ and to make plain to everyone the administration of this mystery (i.e. the suffering of Christ before the glory of Christ, cf. Lk. 24:26; Heb. 2:10ff; 1 Pe. 1:11; etc.), which for ages past was kept hidden in God, who created all things. ¹⁰ His intent was that now, through the church, the manifold wisdom of God should be made known to the rulers and authorities in the heavenly realms, ¹¹ according to his eternal purpose which he accomplished in Christ Jesus our Lord. ¹² In him and through faith in him we may approach God with freedom and confidence (by the blood of Christ). ¹³ I ask you, therefore, not to be discouraged because of my sufferings for you (at the hands of powers in the heavens), which are your glory. (NIV Ephesians 3:8-13)

Slaves, obey your earthly masters with respect and fear, and with sincerity of heart, just as you would obey Christ... ⁸ because you know that the Lord will reward everyone for whatever good he does, whether he is slave or free. ⁹ And masters, treat your slaves in the same way. Do not threaten them, since you know that he who is both their Master and yours is in heaven, and there is no favoritism with him. ¹⁰ Finally, be strong in the Lord and in his mighty power (as a witness of the Day of the Lord). ¹¹ Put on the full armor of God so that you can take your stand against the devil's schemes. ¹² For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. ¹³ Therefore put on the full armor of

God, so that when the day of evil comes, you may be able to stand your ground (as a witness of the Day of the Lord), and after you have done everything, to stand. (NIV Ephesians 6:5-13)

- E. Christonaturalistic dominionism is fundamentally contrary to the gospel, not only undermining the absolute sovereignty of God, but also robbing the Church of its witness of God's absolute benevolence, kindness and long-suffering in the midst of human rebellion. It provides no impetus for a long-suffering amnesic witness; it provides no emphasis on the demonstration of the love of Christ on the Cross; it provides no motivation to compel us into the ministry of reconciliation.

For we must all appear before the judgment seat of Christ, that each one may receive what is due him for the things done while in the body, whether good or bad. ¹¹ Since, then, we know what it is to fear the Lord, we try to persuade men... ¹⁴ For Christ's love compels us, because we are convinced that one died for all... ¹⁶ So from now on we regard no one from a worldly point of view. Though we once regarded Christ in this way, we do so no longer... ¹⁸ All this is from God, who reconciled us to himself through Christ and gave us the ministry of reconciliation: ¹⁹ that God was reconciling the world to himself in Christ, not counting men's sins against them (cf. judgment seat). And he has committed to us the message of reconciliation. ²⁰ We are therefore Christ's ambassadors (cf. judgment seat), as though God were making his appeal through us. (NIV 2 Corinthians 4:16-5:20)

- F. In contrast, Communion exemplifies the gospel and the undeserved love of God that sustains the Church in her sojourning. When we endure trials and sufferings it causes us to remember the trials and sufferings our God and Messiah endured in love for us and the world. Moreover, the trials work as discipline unto repentance and humility, so that we are not condemned with the world. God will pour out his grace on the loving and humble who pray.

And he said to them, "I have eagerly desired to eat this Passover with you before I suffer. ¹⁶ For I tell you, I will not eat it again until it finds fulfillment in the kingdom of God." ... ¹⁹ And he took bread, gave thanks and broke it, and gave it to them, saying, "This is my body given for you; do this in remembrance of me." ²⁰ In the same way, after the supper he took the cup, saying, "This cup is the new covenant in my blood, which is poured out for you." (NIV Luke 22:15-20)

In the same way also he took the cup, after supper, saying, "This cup is the new covenant in my blood. Do this, as often as you drink it, in remembrance of me." 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 of profaning 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 judgment on himself. ³⁰ That is why many of you are weak and ill, and some have died. ³¹ But if we judged ourselves truly, we would not be judged. ³² But when we are judged by the Lord (in this age), we are disciplined so that we may not be condemned along with the world (in the age to come). (ESV 1 Corinthians 11:25-32)