

**Na Duavata na Lako Yani Vou ni
Vakabauta va-Karisito, ena Masu ni
Turaga kei na Vakayakavi ni Turaga,
ki na Bula Tawamudu**

English Version



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**Journeying Together in Faith:
Uniting Christians in Christ through
the Lord's Prayer and the Last
Supper on the Path to Eternal Life**



Journeying Together in Faith: Uniting Christians in Christ through the Lord's Prayer and the Last Supper on the Path to Eternal Life

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Preface

This booklet, *Journeying Together in Faith: Uniting Christians in Christ through the Lord's Prayer and the Last Supper on the Path to Eternal Life*, offers readers a profound exploration of two cornerstones of Christian worship, revealing how these practices can unify believers in a journey toward eternal life. New insights presented in these pages unveil specific prayer times associated with the Lord's Prayer, as well as an intentional rhythm in the observance of the Last Supper. Together, these practices forge a pathway that brings believers closer to Christ and to one another in faith.

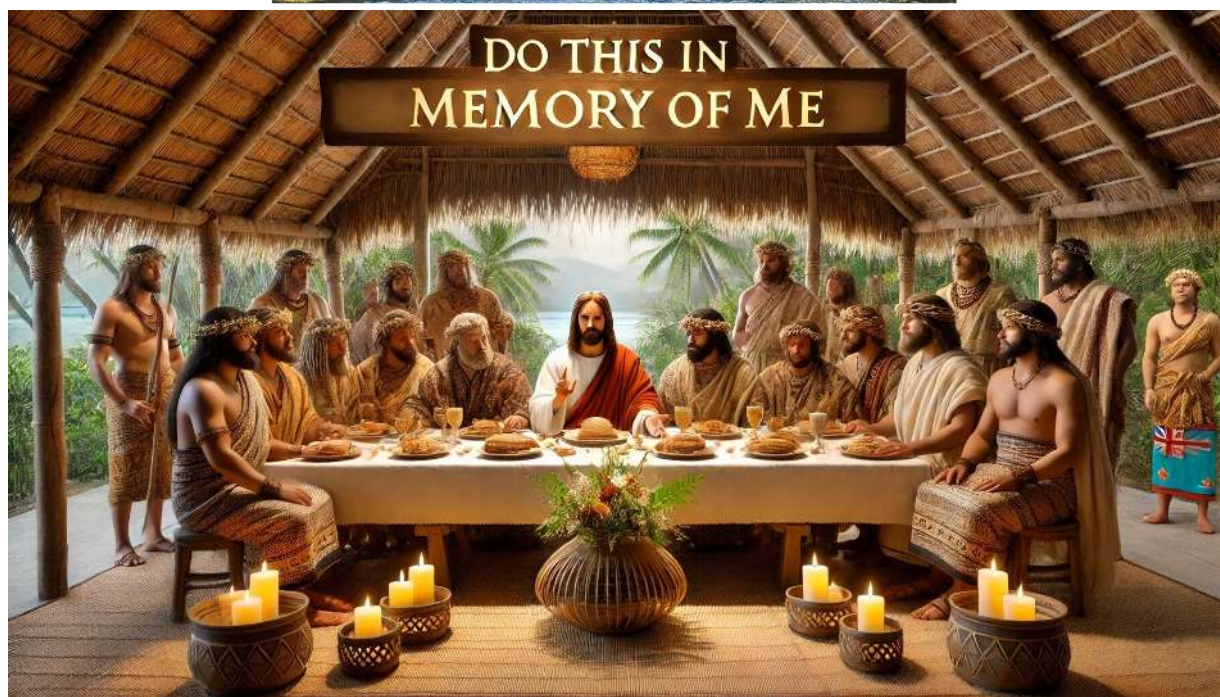
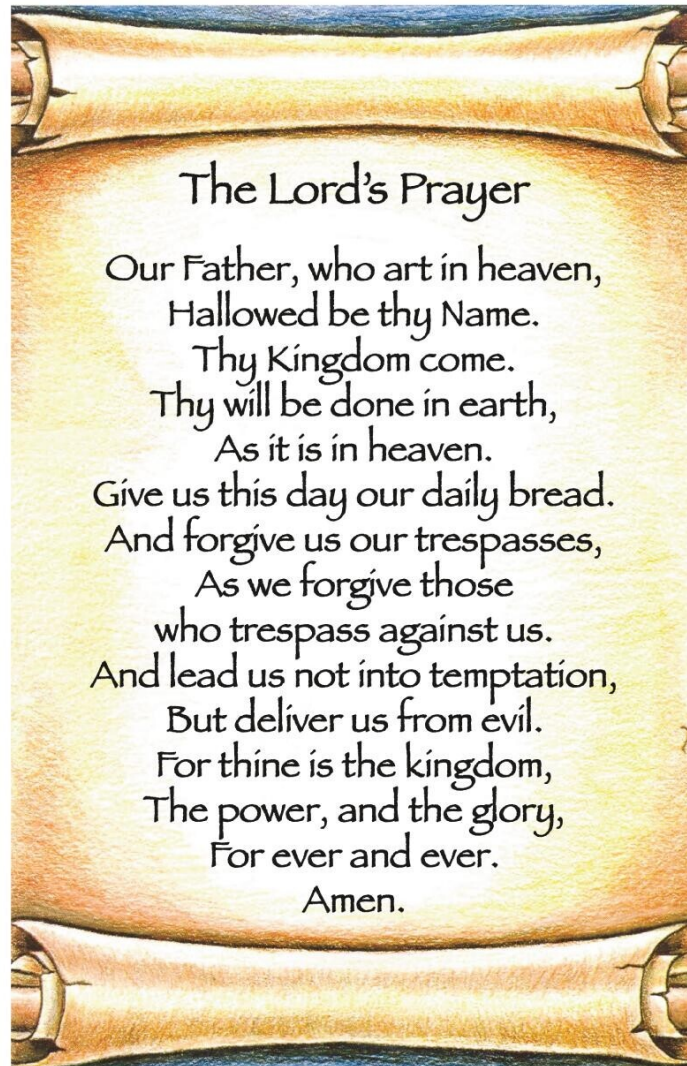
The Lord's Prayer, given by Jesus as a template for daily communion with God, holds timeless spiritual significance. Traditionally seen as a personal act of devotion, this prayer now takes on new dimensions with the discovery of precise times for recitation. These times reflect the final hours of Jesus' suffering, inviting believers to enter into a deeper resonance with Christ's journey, and providing a daily, intentional structure that embodies the devotion and surrender Jesus exemplified.

Similarly, the Last Supper, central to Christian fellowship, is explored here in relation to its frequency, revealing how its observance not only memorializes Jesus' sacrifice but also strengthens the unity of His followers. This enriched understanding of the Last Supper ties individual devotion with communal worship, mirroring the bond Jesus established with His disciples at His last meal.

In presenting these new findings, this booklet guides believers to walk a unified path of faith. By following the prayer times of the Lord's Prayer and engaging in the renewed observance of the Last Supper, readers are invited to join a continuous, sacred rhythm that leads toward "Life Eternity," aligning their lives with Christ's own journey and the eternal promise it holds.

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Booklet launched in Suva, 10 November 2024, the 315th day of the year, at the 17th Last Supper



Introduction

Overview of the Importance of Prayer and the Last Supper in Christian Faith



In Christian tradition, prayer is a foundational practice that serves as a direct line of communication between believers and God. It is a way to express adoration, seek guidance, ask for forgiveness, and offer thanksgiving. The Lord's Prayer, given by Jesus to His disciples, is considered a model for all Christian prayer. It encapsulates the core of Christian beliefs—trust in God's

provision, forgiveness, and deliverance from evil—guiding believers in their daily lives and spiritual journey.

The Last Supper holds immense significance as it marks the final meal Jesus shared with His disciples before His crucifixion. During this meal, Jesus instituted the Eucharist (Holy Communion), symbolizing His body and blood, sacrificed for the redemption of humanity. The Last Supper is not only a reminder of Jesus' sacrifice but also a call for unity and fellowship among humanity (John 3:16). Observing it through Holy Communion is an essential sacrament in Christian worship, drawing believers closer to Christ and to one another.

Together, these practices form the heart of Christian devotion, anchoring faith in both daily prayer and communal remembrance.

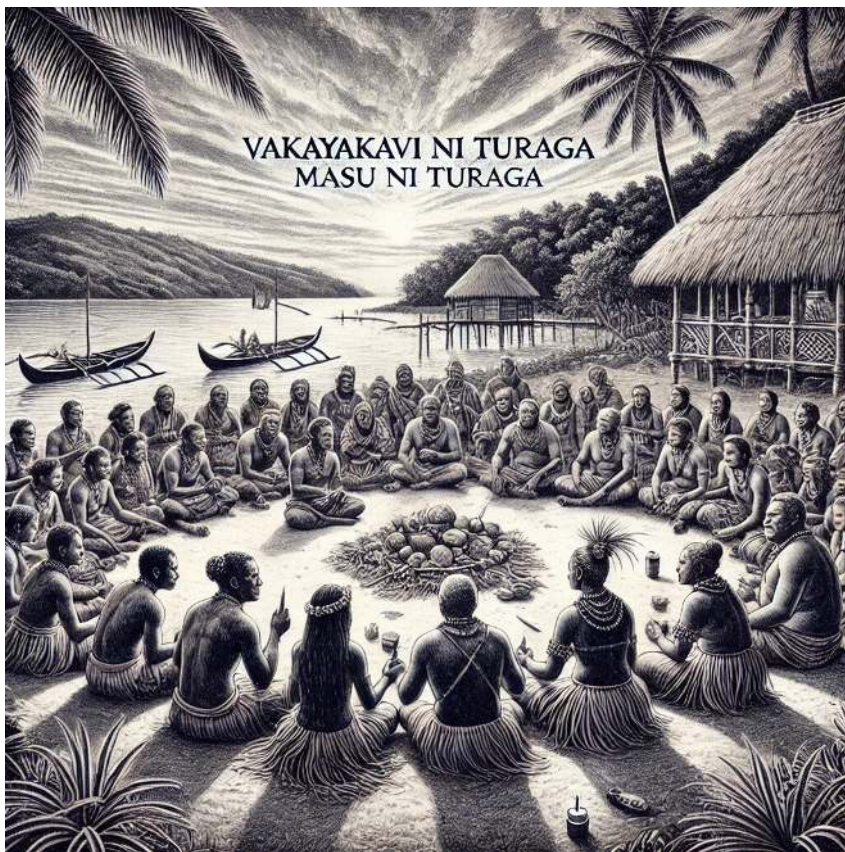
Connection Between Daily Prayer and the Annual Observance of the Last Supper

Daily prayer and the periodic observance of the Last Supper are deeply interconnected in Christian faith, reflecting two core aspects of spiritual life: *ongoing personal devotion and communal remembrance*.

BOOKLET ON THE LORD'S PRAYER AND THE LAST SUPPER

Daily prayer, especially the Lord's Prayer, brings Christians into a regular rhythm of communication with God. It centers them on key principles—seeking God's will, asking for forgiveness, and depending on His provision. This regular practice builds a foundation of faith that nourishes the believer's relationship with God on a personal level. Through prayer, Christians continually reflect on Christ's teachings and prepare their hearts for a deeper spiritual life.

The periodic observance of the Last Supper, typically through Holy Communion or the Eucharist, is a communal act that recalls the most significant event in Christian history—Jesus' sacrifice for humanity. It is a moment to reflect on the core of the Christian faith: the death and resurrection of Christ, which provides salvation and spiritual renewal.



The connection between these practices lies in their shared focus on remembrance, renewal and life eternity. Daily prayer helps believers live out the teachings of Christ, drawing them into regular fellowship with God. The periodic observance of the Last Supper, in turn, calls Christians to reflect on the culmination of those teachings—the sacrificial love of Christ.

Together, daily prayer keeps the memory of Christ alive in everyday life, while the Last Supper commemorates the pivotal moment of salvation, uniting believers in their shared faith. Through both practices, Christians are continually drawn into a cycle of spiritual reflection, renewal, and gratitude.

The Lord's Prayer

What is the Lord's Prayer?

The Lord's Prayer, also known as the "Our Father," is the prayer that Jesus taught His disciples when they asked Him how they should pray. It is found in the Gospels of Matthew (6:9-13) and Luke (11:2-4) and serves as a foundational prayer in Christian worship. The prayer is both a model for personal prayer and a communal expression of faith, encompassing key themes such as reverence for God, the desire for His will to be done, daily dependence on Him, forgiveness, and protection from evil.

Explanation of the Lord's Prayer

When the disciples asked Jesus how to pray, He provided this prayer as a guide. It's concise yet profound, addressing both the spiritual and material needs of individuals while emphasizing the importance of God's will. The Lord's Prayer is used in Christian worship, personal devotions, and liturgies across Christian denominations. It not only teaches Christians how to approach God but also shapes their understanding of their relationship with Him and others.

Breakdown of Its Meaning in Christian Tradition

1. *Our Father, who art in heaven, hallowed be Thy name*

- **Acknowledgment of God's sovereignty:** The prayer begins by recognizing God as Father, signifying a personal and intimate relationship with Him. "Hallowed" means holy or set apart, indicating that God's name is sacred and deserving of reverence.

2. *Thy kingdom come, Thy will be done, on earth as it is in heaven*

- **Submission to God's will:** This line expresses the desire for God's reign to be established not only in heaven but on earth. Christians pray for God's will to be accomplished, inviting His justice, peace, and love into their lives and the world.

3. *Give us this day our daily bread'*

- **Dependence on God for provision:** In this petition, believers ask God for their basic needs. "Daily bread" symbolizes not just physical nourishment but also spiritual sustenance—trusting God to provide for all aspects of life.

4. *And forgive us our trespasses, as we forgive those who trespass against us*

- **Forgiveness and reconciliation:** This part highlights the importance of forgiveness. Christians ask for God's mercy, acknowledging their own shortcomings, and commit to forgiving others, which is central to living in harmony with God's will.

5. *And lead us not into temptation, but deliver us from evil*

- **Protection from sin and evil:** In this final petition, believers seek God's guidance to avoid temptations that lead to sin. They also pray for deliverance from evil, asking for spiritual protection and strength to resist harmful influences.

6. *For Thine is the kingdom, and the power, and the glory, forever and ever. Amen.*

- **Acknowledgment of God's eternal reign:** This doxology, often added at the end in many Christian traditions, reaffirms that all power and glory belong to God eternally, ending the prayer with a declaration of faith in His ultimate authority.

Summary of the Lord's Prayer

- The opening lines of the Lord's Prayer acknowledge the Trinity: 'Hallowed be Thy name' speaks to God the Father; 'Thy Kingdom come' calls upon God the Son; and 'Thy will be done on Earth as it is in heaven' invokes God the Holy Spirit. This third petition expresses a divine harmony, aligning our earthly actions with heavenly will, which the Holy Spirit enables.
- The fourth line, 'Forgive us our trespasses, as we forgive those who trespass against us,' teaches that forgiveness toward others brings liberation from the weight of unforgiveness, as reflected in Jesus' words in Matthew 18:21-22.
- The realization of the first two petitions depends on the unfolding of the subsequent lines within us. As we embody these requests, God's will can be accomplished on Earth as in heaven, and we become vessels of the Father's will, empowered by Jesus' great commission (Matthew 28:18-20).

Meaning in Christian Tradition

The Lord's Prayer encapsulates the essence of Christian life—humility before God, dependence on His provision, commitment to His will, the importance of forgiveness, and the need for spiritual protection. It is not only a model for individual prayers but also a collective expression of the Christian community's faith. Throughout history, the prayer has unified believers across the world, being recited in daily devotions, worship services, and special occasions, reinforcing a shared connection to God and one another.

Scheduled Times for the Lord's Prayer

Fixed prayer times, or praying at specific times throughout the day, are a spiritual practice rooted in many religious traditions, including Christianity and Judaism. This discipline encourages believers to pause regularly during the day to realign their focus on God, seek His guidance, and reflect on their faith.

BOOKLET ON THE LORD'S PRAYER AND THE LAST SUPPER

Since the early days of the Church, Christians have observed seven fixed times of prayer, a tradition tracing back to the Prophet David's words in Psalm 119:164 and Psalm 69:13. By setting aside dedicated moments for prayer, early Christians cultivated a rhythm of devotion that infuses their entire day with spiritual mindfulness.

The discipline of praying at specific moments helps believers:

- Foster a deeper sense of connection with God throughout the day.
- Maintain spiritual awareness in the midst of daily responsibilities.
- Reflect on their thoughts, words, and actions, seeking alignment with God's will
- Build a structure of prayer that brings order and peace to their day.
- Unite them in the spirit for Jesus said that the Father **seeks ONLY** *those who worship Him in spirit and in truth* (John 4:24).
- Pray with "one accord", which signifies unity and shared purpose (Acts 1:14).

Fixed prayer times do not contradict Paul's teaching to pray at any time (Ephesians 6:18).

Daily Prayer Times of the Lord's Prayer



The Lord's Prayer is a daily prayer as implied by the line *Give us this day our daily bread*.

Here are the scheduled times for the Lord's Prayer, with a brief reflection or focus theme for each moment. These times are designed to be spread throughout the day, providing regular intervals for spiritual pause and connection with God. Recite the Lord's prayer after pondering over the theme of the time.

BOOKLET ON THE LORD'S PRAYER AND THE LAST SUPPER

1	10:35 AM
2	10:53AM
3	1:35PM
4	1:53PM
5	3:15PM
6	3:51PM
7	5:13PM
8	5:31PM

The prayer times are derived mathematically from John 21:11, where Simon Peter draws in a net filled with 153 large fish, symbolizing completeness and divine provision. These times correspond to the final seven hours of Jesus' life on the cross, culminating at around 3 p.m. when He uttered the Cry of Dereliction. According to the Gospels, Jesus died shortly after, and mathematically, this moment can be pinpointed to 3:15 p.m., with His side being pierced at approximately 5:31 p.m. Thus, the Lord's Prayer serves as Jesus' own reflection on His crucifixion, constantly reminding us of the Cross, a central theme of Christianity. The line, 'Forgive us our sins as we forgive those who sin against us,' encapsulates the essence of His sacrifice and the call to forgiveness.

1. 10:35 AM – Starting the Day with God's Guidance

- As the day progresses, reflect on God's presence. Ask for wisdom and direction in your work, interactions, and decisions. Center your mind on seeking His will in all you do.

- Recite the Lord's Prayer

2. 10:53 AM– Dependence on God's Provision

- This moment reminds you to trust in God's provision for both your spiritual and physical needs. Whether it's a task ahead or a challenge you face, bring it before God with faith that He will provide your "daily bread."

- Recite the Lord's Prayer

3. 1:35 PM – Seeking Forgiveness and Offering Forgiveness

- Pause to reflect on any personal sin . Ask God for forgiveness for any wrongs, and pray for the grace to forgive those who have wronged you. This time can serve as a reminder to restore peace in your heart. Indeed one CANNOT pray the Lord's Prayer if he or she cannot forgive his/her enemy.

- Recite the Lord's Prayer

4. 1:53 PM – Commitment to God's Will

- In the midst of the afternoon, reaffirm your desire for God's will to be done in your life. Ask for the strength to follow His guidance, especially as the day's activities continue and potential challenges arise.

- Recite the Lord's Prayer

5. 3:15 PM – Guarding Against Temptation

- As the day starts to wind down, pray for protection against distractions, temptations, and negative influences. Ask God to keep you spiritually strong and focused on what is right.

- Recite the Lord's Prayer

6. 3:51 PM – Gratitude for God's Grace

- This moment serves as an opportunity to express gratitude for God's mercy and grace throughout the day. Thank Him for the blessings, both big and small, that you've experienced up until this point.

- Recite the Lord's Prayer

7. 5:13 PM – Seeking Peace and Protection

- As the day draws closer to an end, ask for peace and protection from all forms of evil. Pray that God guards your heart and mind, keeping you secure in His love as you prepare for the evening.

- Recite the Lord's Prayer

8. 5:31 PM – Closing the Day with Reflection and Trust

- In the final prayer of the day, take time to reflect on the events and encounters you've had. Offer them to God, seeking rest in His peace. Trust that His will is being done, and prepare your heart for a restful evening.

- Recite the Lord's Prayer

By following this structure of prayer throughout the day, Christians can cultivate a continual awareness of God's presence, drawing strength, peace, and guidance from Him at regular intervals. These moments of pause create a sacred rhythm that transforms the day into an ongoing dialogue with God, deeply enriching one's spiritual life.

The Last Supper



The Last Supper was the final meal that Jesus shared with His disciples before His crucifixion. It is one of the most significant events in the New Testament and is recorded in the Gospels of Matthew, Mark, Luke, and John. Held during the Jewish festival of Passover, the meal symbolizes the new covenant Jesus established between God and humanity through His impending sacrifice.

During the Last Supper, Jesus took bread and wine, gave thanks, and shared them with His disciples, instructing them to do this in remembrance of Him. He explained that the bread represented His body, which would be broken, and the wine symbolized His blood, which would be poured out for the forgiveness of sins. This act laid the foundation for the Christian practice of the Eucharist, or Holy Communion.

Description of the Last Supper Based on New Testament Biblical Accounts

In the Upper Room in Jerusalem, Jesus gathered with His twelve disciples to celebrate the Passover meal. During this meal, He did something remarkable: He took the bread, blessed it, broke it, and gave it to His disciples, saying, "Take and eat; this is My body" (Matthew 26:26). Then, He took a cup of wine, gave thanks, and offered it to them, saying, "Drink from it, all of you. This is My blood of the covenant, which is poured out for many for the forgiveness of sins" (Matthew 26:27-28).

Through these symbolic actions, Jesus foretold His imminent sacrifice on the cross, where His body would be broken, and His blood would be shed for the salvation of humanity. He instructed His disciples to remember Him whenever they partook of the bread and wine, thereby establishing a lasting practice for His followers. After the meal, Jesus and His disciples went to the Garden of Gethsemane, where He was later arrested, leading to His sacrificial crucifixion.

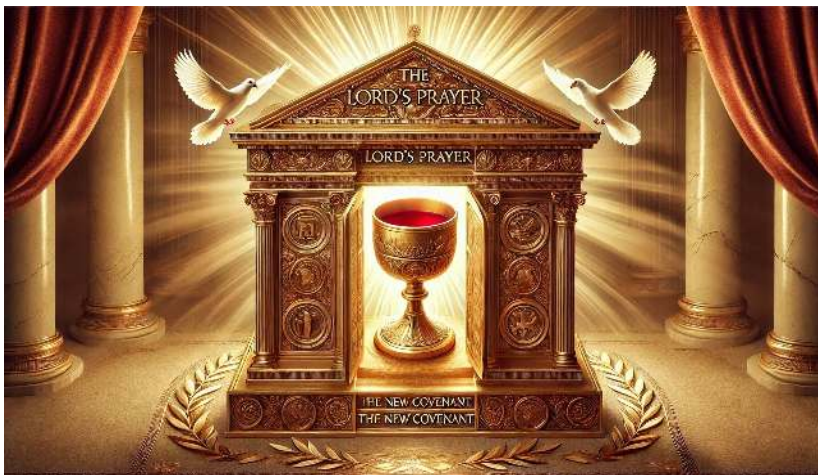
Significance of the Eucharist and Holy Communion

The Last Supper laid the groundwork for what Christians now known as the Eucharist, also called Holy Communion, the Lord's Supper, or the Sacrament. This practice is observed in various forms by most Christian denominations and holds deep theological and spiritual significance.

1. A Symbol of Jesus' Sacrifice

- The Eucharist is a vivid reminder of Jesus' sacrifice on the cross. Just as Jesus offered Himself for the forgiveness of sins, the bread and wine symbolize His body and blood, given for humanity. Partaking in the Eucharist serves as an expression of gratitude for this ultimate act of love and redemption.

2. A New Covenant



- In the Old Testament, the covenant between God and Israel was sealed with animal sacrifices. Jesus introduced a new covenant, sealed by His own blood, which offers salvation and eternal life to all who believe. Jesus was the ultimate Sacrificial Lamb. The Eucharist is a celebration of this new covenant, a

promise of God's love and mercy for His people.

The Lord's Prayer can be seen as the spiritual Ark of the New Covenant, encapsulating Jesus' teachings and providing a model for how to live in intimate relationship with God under the New Covenant.

3. A Source of Spiritual Nourishment

- Just as physical food nourishes the body, Holy Communion is believed to nourish the soul. In consuming the bread and wine, Christians draw closer to Christ, receiving spiritual strength and grace. Many believe that this sacrament imparts God's grace, helping them grow in faith and holiness.

4. Unity with Christ and the Church

- The Eucharist is not only a personal act of devotion but also a communal one. When Christians gather to partake in the Lord's Supper, they express their unity with Christ and with each other. It is a shared act of worship that transcends individual differences, uniting believers as one body in Christ.



When Jesus shared some of the 153 fish that morning with His disciples (metaphorically, we are united in Jesus), the action makes it a metaphor for the fulfillment of the will Father in Jesus Christ who had said "My meat is to do the will of him that sent me, and to finish his work." (John 4:34). Jesus had died for our sins and His Father had raised Him from the dead. Jesus had completed His earthly work as our High Priest by offering up His body as per the will of His Father. And the impact of that work is everlasting life for the believers.

5. A Foretaste of the Heavenly Banquet

- The Eucharist also points to the future hope of Christians, foreshadowing the "marriage supper of the Lamb" (Revelation 19:9) in the Kingdom of Heaven. It reminds believers of Christ's promise that He will one day return to gather His followers for a great feast in His presence.

Through the Eucharist, Christians continually remember the sacrifice of Jesus and renew their commitment to live in His love and grace. The practice of Holy Communion connects believers across time and cultures, forming the heart of Christian worship and reminding them of their shared faith, hope, and unity in Christ.

Frequency of the Last Supper Irrespective of Year

The Importance of Remembering the Last Supper Throughout the Year

The Last Supper holds profound significance in Christian faith as the moment Jesus established a new covenant through His body and blood, represented by the bread and wine. By observing the Last Supper multiple times each year, Christians are given an opportunity to reflect on the themes of sacrifice, redemption, forgiveness, and unity with Christ and fellow believers. Each observance serves as a spiritual checkpoint, allowing believers to pause, reflect on their faith journey, and renew their commitment to follow Christ's example of love and humility.

These regular remembrances help believers to:

1. ***Stay Connected to the Sacrifice of Christ*** – Frequent observance keeps the memory of Jesus' sacrifice fresh, fostering gratitude and humility.
2. ***Renew the Covenant Relationship*** – Just as a marriage is strengthened by regular acts of love, the covenant with God is strengthened by regular acts of partaking in the Last Supper in remembrance of Jesus' promise.
3. ***Seek Spiritual Growth*** – The observances provide moments for introspection and growth, as believers examine their lives in light of Jesus' teachings.
4. ***Experience Unity in the Body of Christ*** – Observing the Last Supper as a community reinforces the unity of believers, encouraging love and service to one another.

Key Dates for the Yearly Observance of the Last Supper

The scheduled dates for the Last Supper observances yearly are provided on the next page.

1	15/03
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2	30/03
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3	14/04
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4	29/04
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5	14/05
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6	29/05
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7	13/06
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8	28/06
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9	13/07
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10	28/07
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11	12/08
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12	27/08
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13	11/09
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14

26/09

15

11/10

16

26/10

17

10/11

Note the following:

- The first Last Supper is commemorated on 15 March (15/3), which corresponds to the first month of the Ecclesiastical/Biblical Hebrew month (Exodus 12:2);
- The frequency is based on the fact that Israel was delivered from Egypt by the Passover lamb that was killed on the 14th day of the first month (Passover). Then on the 15th day, the lamb, without blemish or spot, was eaten (1 Peter 1:19);
- The Last Supper frequency is irrespective of the year;
- The first unified Last Supper is on 15 March, or 15/3;
- $1+2+3+4+....+ 17 = 153$;
- There are 9 months for the unified Last Supper, and $9 \times 17 = 153$;
- The Last Supper frequency is also mathematically based on John 21:11.

Each observance date can be accompanied by scripture readings, reflections, and prayers to deepen the spiritual experience. Setting aside time on these specific days allows believers to walk through the themes of the Last Supper and to continually align their lives with the message of love, forgiveness, and service that Jesus taught.

Frequency

On the 15th of March every year, the commemoration the Last Supper begins. Every 15th day, (on the 15th day), repeat the commemoration. End on the 17th Commemoration. It can be held either in each family home, or at the home of a member of the Church on a rotational basis.

Format

1. Led by the head of the family (or a pastor), start the worship in the usual manner, like any other prayer day, praying and/or singing songs, and thanking God, our Father, for the wonderful things He has done in our lives, as per **Deuteronomy 10:21** (*He is the one you praise; he is your God, who performed for you those great and awesome wonders you saw with your own eyes.*)
2. Pause to provide opportunity to share testimonies, if any, and to prepare unleavened bread and grapefruit juice on a clean table.
3. The Last Supper commemoration begins, led by the head of the family or pastor:
 - **Begin with the Lord's Prayer**, holding hands if possible.
 - **All pray Psalm 51** to prepare spiritually before partaking in the Last Supper.
 - The head of the family or pastor says grace, give thanks and bless the meal.
 - The head of the family or pastor then reads **1 Corinthians 11:23-24**, after which he/she distributes the bread to family members to eat.
 - The head of the family or pastor then reads **1 Corinthians 11:25-26**, after which he/she distributes the grapefruit juice to family members to drink.
 - **All pray Psalm 138** to praise and thank the Father for our salvation through the Blood of His Son.
 - **End with the Lord's Prayer**, holding hands if possible.
4. End the worship the normal way, praying and/or singing songs.

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