



THE MEANING OF COMMUNION & EASTER

“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.”

(Luke 22:19)

With these words ringing in our ears, we regularly celebrate communion. As we drink the cup and eat the bread, we reflect on Christ’s sacrifice and look forward to his return. We must always connect it to the Easter story of sacrifice, resurrection and love. Our continued participation in this powerfully symbolic ceremony molds our thinking and brings to life deep spiritual truths in very concrete ways. It shapes our identity as a people of God and provides the truly blessed assurance that we have been redeemed by the blood of the Lamb (Christ) who died on the cross for us.

Believers in Christ’s sacrifice should share communion at every reasonable opportunity. Yet, often some believers abstain from sharing in this experience because they forget why it is so important. They allow the bread and the cup to pass them by, or take it without serious contemplation. They sit in guilt and shame, wishing they were more worthy. Paul tells us to examine ourselves before communing, for *“whoever eats the bread or drinks the cup of the Lord in an unworthy manner will be guilty of sinning against the body and blood of the Lord”* (1 Corinthians 11:v 27). Therefore, we need to examine ourselves before participating. Jesus said to the people, *“I tell you the truth, unless you eat the flesh of the Son of Man and drink his blood, you have no life in you. Whoever eats my flesh and drinks my blood has eternal life, and I will raise him up at the last day. For my flesh is real food and my blood is real drink. Whoever eats my flesh and drinks my blood remains in me, and I in him”*.(John 6 v53-56)

By the sacrificial transformed blood Jesus cleanses, us from sin. When we sin, we need Jesus the most. When we are struggling, we need the help and support of the body and blood of Christ. And when we struggle with sin and find ourselves in need of forgiveness, let us seek that forgiveness and eagerly reach for the cleansing blood of Christ. Christ gives us the strength and assurance provided by communing together at the Lord’s table. So, together let us share the communion experience and the reassurance that we are part of God’s people.

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