

# Marks

Daily Prayer ■ Weekly Worship ■ Bible Reading  
Giving Time, Talents & Resources ■ Spiritual Friendships  
■ Service In & Beyond the Church

## of Discipleship

October 3, 2021

### Day 1: I Corinthians 11:23-24

***For I received from the Lord what I also handed on to you, that the Lord Jesus on the night when he was betrayed took a loaf of bread, and when he had given thanks, he broke it and said, "This is my body that is for you. Do this in remembrance of me."***

What Paul received from the Lord was not the exact outline of the Last Supper but what the Last Supper really meant. It meant that as Christians ate in Jesus' name they demonstrated their understanding of and willingness to believe Christ's death and resurrection. To eat in His name meant that He - Jesus - was not dead but alive.

**Question:** What is your favorite kind of bread?

**Challenge:** Communion is a special service in Christian tradition. Is it special to you?

**Scripture:** Mark 14:12-26

### Day 2: I Corinthians 11:25

***In the same way he took the cup also, after supper, saying, "This cup is the new covenant in my blood. Do this, as often as you drink it, in remembrance of me."***

The ancients believed that life was literally in the blood of a person. Jesus is saying that it is my life I am pouring out for you. In the Greek-Roman world, before meals where wine was served, a portion of wine was always offered to the gods by pouring out some of the wine on the ground. This was done to give respect to the gods and as an offering. Jesus, God, pours out His life for the world. He is the offering for the sin of the world.

**Question:** What is your favorite drink?

**Challenge:** What would you pick to use in communion and why - wine mixed with water, wine, water, grape juice or other?

**Scripture:** John 6:25-40

### Day 3: I Corinthians 11:26

***For as often as you eat this bread and drink the cup, you proclaim the Lord's death until he comes.***

As Christians ate together in Jesus' name they showed to the world that they believed in and acted upon the resurrection of Jesus. They believed in the life, death and resurrection and they believed that Christ was with them in the form of the Holy Spirit. This act of eating as equals was the demonstration to the world that all Jesus said and did was true and that he is the Son of God.

**Question:** How many times have you participated in communion this year?

**Challenge:** See if you can find some ways of changing the way you eat so that every meal is eaten in Jesus' name.

**Scripture:** I Kings 17

### Day 4: I Corinthians 11:27

***Whoever, therefore, eats the bread or drinks the cup of the Lord in an unworthy manner will be answerable for the body and blood of the Lord.***

This warning from Paul is like the commandment to not take the Lord's name in vain. In both cases we are commanded to not do something. We are not to take the Lord's name and then make it mean nothing - to act as if God did not exist. We are not to come and take the bread and wine and then ignore God's command that we love one another. When we take the bread and cup we are saying that we not only believe but that we act as Christ would act. We are the body of Christ to the world.

**Question:** How much do you have to believe to be a Christian?

**Challenge:** How would you describe to someone what an "unworthy manner" is?

**Scripture:** Matthew 25:31-46

### Day 5: I Corinthians 11:28-29

***Examine yourselves, and only then eat of the bread and drink of the cup. For all who eat and drink without discerning the body, eat and drink judgment against themselves.***

We come to the Lord's table confessing our sin. We come in humility knowing that we are not worthy to gather up the crumbs from under the table. We are invited (all invited) by Jesus to share in His life, death, and resurrection. Remember that Judas was at the Last Supper. We also come in boldness because we know that we are in Christ. We are not perfect in all things but we know that Jesus died to cancel our sin and that we can have forgiveness when we confess our sin.

**Question:** Is it important to have a time of confession before we come to the Lord's Supper?

**Challenge:** Write a prayer of confession that not only says what you have done wrong but also what you believe. Confession is both what we believe and what we have done wrong.

**Scripture:** John 9:39-41

### Day 6: I Corinthians 11:30

***For this reason many of you are weak and ill, and some have died.***

In every act of communion Paul calls us to examine ourselves - to be honest with ourselves. If we on a regular basis practice self deception then this practice will lead to our destruction. Eating in an unworthy manner is more than coming to communion with a bad attitude. It is saying one is a believer but not acting out their beliefs. It is believing that Christ rose from the dead and then acting differently in our interactions with others.

**Question:** Why do you think we get sick?

**Challenge:** Take a look at yourself and see if you say things to people to build them up or make yourself feel better?

**Scripture:** James 1:13-27