

## **Communion**

### **Ready:**

"For whenever you eat this bread and drink this cup, you proclaim the Lord's death until he comes."  
-1 Corinthians 11:26

### **Set**

Six years to the day after his father won his first Daytona 500, Dale Earnhardt Jr. won NASCAR's most prestigious race for the first time. It was also the same race which claimed the life of his father on a last-lap crash three short years ago. "In a way, it feels like I'm closer to my dad," Junior said. "At the same time, this is a reminder of losing him all over again."

At the last supper, Jesus gave the disciples the bread and said, "This is my body given for you." Then He took the cup and said, "This cup is the new covenant in my blood, which is poured out for you." Notice the key phrases in each of these statements: "my body ... for you," and "my blood ... for you." Friend, Jesus willingly sacrificed His life for you. Not because He had to, but because He loves you.

Communion is one of the times I feel a wave of different emotions come over me. On one hand, I feel closer to Jesus as I reflect on His love for me. On the other hand, I'm deeply saddened as I remember what He had to go through for me. I feel extremely grateful and unworthy at the same time.

I encourage you to take time today to reflect on Christ's love and sacrifice for you.

### **Go**

1. Have you ever simultaneously felt joy and sadness after competition? Describe it.
2. When do you feel closest to Jesus?

### **Workout**

Matthew 26:28  
1 Corinthians 11:23-29  
Hebrews 9:14-15  
1 John 2:1-2

### **Bible Reference:**

1 John 2



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