

“Remembering”

Luke 22.7-23

- We remember & rehearse all kinds of things. Meanwhile Jesus invites us to “remember Him”
- BUT if you forget the significance of Jesus it is detrimental to your soul, o the other hand, our souls flourish as we remain connected to Jesus by fixing our attention on him [Heb 12.1-2]
- Q: How to run the race, not grow soul-weary, not lose heart?....
- **Fixing our eyes** [NIV] . **We must focus on Jesus** [GW].
Consider him [ESV]. **Reflect on Him** [NCB]. **Think about Jesus** [ICB]
- **Remembering: intentionally reflecting on the personal significance of Jesus**
(specifically..**how he endured the cross**..)
- We tend to remember silly things and forget important things...SO Jesus gave us an 'ordinance of remembrance' ...”Communion” (Lord’s supper, breaking bread, Eucharist (LK22.17 “give thanks”)

Big Idea: Our souls are nourished in communion.

- [not automatically]. Our souls are nourished by communion. Communion is about remembering. **Remembering** is what nourishes.
- Luke 22.7-23 [881] RE: Jesus institutes “the Lord’s supper”
- **Setting:** between Palm Sunday & Good Friday: “Upper Room”
- **Q: How to observe communion in a way that nourishes your soul?**

1. Prepare to remember

- This is no ordinary meal. Requires preparation.
- “**Go prepare**”[8], “**Prepare it**”[9], “**prepare it**”[12] “**they prepared**”[13]
- Paul: [1Cor.11.28] criticized the church for treating “The Lord’s Supper” as just a meal
- HOW TO PREPARE?

1) Make sure you are invited (on the guest list)

- Vs11 **with my disciples**... (are you a disciple/follower/apprentice of Jesus)
- [1Cor 11.33] “**brothers**” (family). [1Cor 18] “**when you come together as a church**”
- **Communion is for followers of Jesus, who are God’s family by faith in Jesus, who are gathered in the name of Jesus.**
- Not (yet) follower/family? GOOD NEWS, the invitation is open: [John 1.12; 8.12]

2) Examine your heart (relationship with God and others)

- In anticipation of communion > ask God to search your heart concerning any broken fellowship with God and man.

2. Understand to remember

- Our souls find nourishment in communion as we understand what it means
- Q: What exactly should we be “remembering” (reflecting on, thinking about?)
- Jesus states the meaning: (repeated in Matt, Mk, Luke, 1 Cor.)
- **The broken bread - represents Jesus’s broken body.**[19]
Jesus came to us in a human body as a gift to humanity. That body was offered up willingly as a gift “*given for you*”. In his body he willingly took on the sorrows & agony of humanity
- **The poured out cup - represents Jesus blood pour out, his death.**
- Be nourished as you consider:
 - Jesus is the gift of ‘God is the flesh.’ He humbled himself. Took on my sorrows, pains, temptations, weaknesses. He understands me. Did not remain aloof. He endured every category of suffering for my benefit.
 - Jesus willingly went to the cross. Endured ridicule, torture and death. He did all this in my place and for my benefit, so my sins can be forgiven and relationship with God restored. His death satisfied all the accusations of heaven against me.

3. Participate to remember

- At the heart of Luke’s “communion” narrative [19]“***Do this in remembrance of me.***”
- Q: Do what? Q: What are the essentials of the communion observance
- **1) Bread: Eat a divided piece of bread while reflecting on Jesus’ body given for you.**
 - The bread was unleavened (but no express requirement)
- **2) Juice: Drink a portion of juice while reflecting on Jesus death.**
 - The juice was wine, fermented grape juice (but no express requirement)
- Aside from these two things, there is leeway in the details of observance
- The important thing: ***DO THIS, In remembrance.***

CHALLENGE: As you partake, remember.