

# TALKING POINTS

## RESET - COMMUNION

### LEANING IN

Each new year often begins with a resolution - a "reset" we want to make in our lives. Often, those resolutions are abandoned in a short period of time. The truth is, there's not a lot of things in our lives we can actually *control* - the only thing we can control in our lives is how we're going to *grow*, how we're going to *respond* to whatever happens to us in life.

Let's make this "reset" about *growing* closer to Jesus - to read His Word, to pray, to give, to serve, to gather together.

An important part of growing closer to Jesus is *Communion*. Jesus called His disciples together to celebrate a traditional Jewish observance called Passover, which celebrated God's mercy on those who trusted in Him . Jesus then revealed a mystery which they didn't understand at the time - but that would change the course of their lives (and ours) forever.

He instructed His followers to use bread and wine to remember the sacrifice He was going to make when He died for our sins on the cross. Communion uses bread as a symbol for Jesus' body and wine as a symbol for His blood.

Read 1 Corinthians 11:23-26, Matthew 26:20-25

Taking communion doesn't make you a Christian, save your soul or get you to heaven - but Jesus tells us to do it. God actually warns us about taking communion without considering what it means and why we're doing it. The intent is not for us to mindlessly perform a ritual, but to intentionally reflect on what Jesus has done and why He did it.

The bible tells us to examine ourselves before we take Communion. Why?

### LIVING IT OUT

If you're not familiar with all Communion represents, it's easy to underestimate its importance. Here are three key principles which Communion says to us when we partake together:

**Communion Says We Have Sinned And Need A Savior** - the very reason Jesus was eager to have communion with His disciples was so He could show us the salvation we would be receiving - because we have sinned and we needed saving. Remember, at your worst moment, Christ died for your sins - Christ's blood covers you.

*Most importantly, it's not how great we think our sin is or isn't, it's the greatness of the one we've sinned against.*

Read Isaiah 64:6, Romans 3:10

How does having communion put us in the right perspective regarding God's righteousness versus ours?

**Communion Requires You Search Your Heart** - Communion is for all *believers* who celebrate Jesus' sacrifice on the cross and have searched themselves to be sure they are not carrying something which puts them in opposition to God. You don't have to be in a "perfect" place to take Communion - but you don't want to be carrying a secret sin which would inhibit you from having communion with Jesus. Confess it to Him first. If you're harboring any bitterness, resentment or anger towards another, forgive them. God doesn't expect perfection, He expects *progress*.

Read Matthew 26:26-30, 1 Corinthians 11:27-29

What would be a circumstance where it might be better *not* to take Communion?

**Communion Says God Wants A Relationship With You** - this is the Communion message - God wants a personal relationship with *you*. This is THE GOSPEL - This is THE NEW COVENANT Jesus talks about!

Read Romans 3:21-26, John 1:11-12

How can having Communion draw you closer to Jesus?