



## **Come to the Table: The Lord's Supper**

The Lord's Supper is God's table, around which our church family gathers every Sunday. The table we approach for the Lord's Supper or Communion, is similar to our dinner table at home. It is around the table that we receive the food and drink we need for our nourishment, and it is there where we connect with friends and family. The Lord's table is where God promises to meet us.

In the midst of intimate community, early Christians shared the breaking of bread daily. We read in Acts 2:42, "They devoted themselves to the apostles' teaching and the fellowship, to the breaking of bread and the prayers." The breaking of bread was a continual reminder of what Christ did for them. It was also a reminder of God's continual presence and activity in the church: past, present, and future.

Jesus knew that we needed something more than just bread and wine to keep us alive. So, Jesus gave us himself. Jesus, God in human flesh, on the night he was handed over to suffering and death, took bread and when he had given thanks, he broke it, gave it to his disciples and said, "Take, eat; this is my Body, which is given for you. Do this in remembrance of me." After supper, he took the cup; and when he had given thanks, he gave it them and said, "Drink this, all of you; this is my blood of the New Covenant, which is shed for you and for many for the forgiveness of sins. Whenever you drink it, do this in remembrance of me." (1 Corinthians 11:23-25). Jesus said to them, "I am the bread of life; whoever comes to me shall not hunger, and whoever believes in me shall never thirst... I am the living bread that came down from heaven. If anyone eats of this bread, he will live forever. And the bread that I will give for the life of the world is my flesh." (John 6:35, 51.) The bread we eat and the wine we drink is true food and drink. It is Jesus' body and blood. As we take him into our bodies we are nourished by the one who is life (John 14:6).

We are spiritually nourished as we share in the Lord's Supper. Christ supernaturally feeds us with His body and blood. John Wesley said, "Our bodies are strengthened by bread and wine, so are our souls by these tokens of the body and blood of Christ. This is the food of our souls: This gives strength to perform our duty and leads us on to perfection." God's grace is given through the presence of the Holy Spirit as believers share in the memorial meal. Next time you take the Lord's Supper, reflect on the spiritual reality of what Christ has done for you through His life, death, and resurrection.

We gather at the table with God and we gather with the members of our church family. We don't go as isolated or autonomous people. Instead we go to the table together. As a people we are united in our common need for Jesus. We may have disagreements and differing opinions, but at the Eucharist we have our only hope for forgiveness and repaired relationships because we are all united in our love for the one who gives himself in the bread and the wine.

In a way the Lord's Supper is a picture of what heaven will be like because we are all one at Christ's table. At the table of the Lord our differences no longer matter. Young, old, black, white, rich, and poor are all welcome at the Supper. If you are a follower of Christ, we invite you to join us and "Come to the Table!"