

## Communion Reflection

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We talk about making resolutions at this time of year. Here are the seven top resolutions for 2026 from a recent poll:

1. Exercise more
2. Eat healthier
3. Improve physical health
4. Lose weight
5. Be happy
6. Improve mental health
7. Save more money

***None of these are spiritual resolutions.***

If Peter were here what might be some of his spiritual resolutions rooted in his biblical story?

1. "I will trust God's strength, not mine." **Matthew 14:30**  
*"But seeing the wind, he became frightened, and when he began to sink, he cried out, saying, "Lord, save me!"*
2. "Think before you speak" **Matthew 17:4-5**  
When during the transfiguration Peter spoke of building 3 temples and God's voice cut him off.
3. "I will never deny you again, Lord." **Matthew 26:33-35; John 21:15-19**  
Peter denied Jesus three times.
4. "I will love you completely." **John 21:15-17**  
Jesus asked Peter three times, "Do you love me?" after his denial.
5. "I will proclaim the Gospel boldly." **Acts 2**  
From Pentecost and on, Peter became a powerful speaker for Christ. He resolved to proclaim the Gospel at all cost -including the loss of his life.

We see in scripture where Peter could have resolved to make spiritual changes or remain grounded in his service to Christ. At times I need to be reminded of why I do something. So, for myself and others this morning let's reflect on why we have the Lord's Supper and resolve to refocus on it as Paul gives instruction in 1 Corinthians 11

### 1. **Discerning the Lord's Body** - 1 Corinthians 11:27-29

- a. *<sup>27</sup>Therefore whoever eats the bread or drinks the cup of the Lord in an unworthy way, shall be guilty of the body and the blood of the Lord. <sup>28</sup>But a person must examine himself, and in so doing he is to eat of the bread and drink of the cup. <sup>29</sup>For the one who eats and drinks, eats and drinks judgment to himself if he does not properly recognize the body.*
- b. Recognize the spiritual significance of each of the emblems, bread and cup, as they represent Christ's body and blood, not just food.

### 2. **Self-Examination** - 1 Corinthians 11:28

- a. Before partaking, a believer must look inward, confessing sins, seeking forgiveness and ensuring right standing with Christ and others.
- b. *<sup>28</sup>But a person must examine himself, and in so doing he is to eat of the bread and drink of the cup.*

### 3. **Remembrance** - 1 Corinthians 11:24-25

- a. <sup>24</sup> and when He had given thanks, He broke it and said, "This is My body, which is for you; do this in remembrance of Me." <sup>25</sup> In the same way He also took the cup after supper, saying, "This cup is the new covenant in My blood; do this, as often as you drink it, in remembrance of Me."
- b. To "do this in remembrance of me," focus on Jesus' body and shed blood to pay the price for our forgiveness.

**4. Proclaiming His Death** -1 Corinthians 11:26

- a. <sup>26</sup> For as often as you eat this bread and drink the cup, you proclaim the Lord's death until He comes.
- b. Each time we partake, we declare what the Lord's death means to us until He returns and we are looking forward to His second coming.

**5. Unity & Love** - 1 Corinthians 11:18

- a. <sup>18</sup> For, in the first place, when you come together as a church, I hear that divisions exist among you; and in part I believe it.
- b. We are united with Christ and as fellow believers in unity and love because of His death; divisions in the church are unacceptable and inappropriate.

**Reverence & Right Attitude**

Come to this time striving for a pure heart. Come in faith, and with an attitude of thankfulness -not taking the emblems lightly or for selfish reasons.