

Meditations for the Lord's Supper

By John R. Gibson

Christians seeking to follow the New Testament pattern gather each first day of the week to eat the Lord's Supper (Acts 20:7). They also realize that this Supper is to be eaten in remembrance of Jesus' death and with a full awareness of what they are doing (1 Corinthians 11:23-29). Since those who eat and drink in an unworthy manner become weak, sick and even spiritually dead (1 Corinthians 11:30), the disciple who does the opposite and partakes in a worthy manner finds in the Lord's Supper and its communion with the body and blood of Jesus (1 Corinthians 10:16) an opportunity to be strengthened spiritually.

The following thoughts are intended to help each to examine himself and partake of this divinely given feast in a way that will please God and at the same time be beneficial to him. In the following meditations the greatest benefits will be obtained by those who can personalize each thought as Paul did in Galatians 2:20 when he wrote of Jesus "who loved *me* and gave himself for *me*." Please read each mediation as having direct and personal reference to you.

Meditate on the Following...

Jesus left the glories of heaven. What kind of love was required to move One to leave a place of perfection and come to this world, especially when He knew the suffering He would face? "For you know the grace of our Lord Jesus Christ, that though He was rich, yet for your sakes He became poor, that you through His poverty might become rich." 2 Corinthians 8:9

See Him as He was "exceedingly sorrowful" at Gethsemane. Appreciate the agony as He prayed that the cup might pass from Him, but insisted that He would carry through with the Father's will so that sinners might be saved. Matthew 26:36-44

Imagine the pain and disappointment as Judas betrays Him; the other disciples forsake Him and flee; and Peter denies three times that he even knows Him. Matthew 26:47-56, 69-75

Go with Jesus as He is mocked, blindfolded (Mark 14:65), spat on, and slapped. Matthew 26:67, 68

Try to feel some of the pain He experienced when the brutal scourging cut the flesh of His back. Think about the humiliation of the scarlet robe, crown of thorns, and reed scepter. And don't forget why He did it. Matthew 27:26-31

See Him carrying His cross to Calvary (John 18:17) and remember that bearing your cross for Him (Luke 9:23) is a reasonable request from One who literally bore His cross for you.

At Calvary the Lord was subjected to shame and humiliation as His clothes were stripped from Him and divided among the soldiers. Insults continued to be hurled at Him. And of course He suffered

that horrible, incredibly painful death on the cross (Matthew 27:35-51). “But He was wounded for our transgressions, He was bruised for our iniquities; the chastisement for our peace was upon Him, and by His stripes we are healed.” Isaiah 53:5

All these thoughts are deserving of consideration during the Lord’s Supper, but there is more. While this memorial is intended to be a time of serious reflection, it is not intended to be a depressing experience. Consider a few more meditations celebrating the victory Jesus has gained for all who accept His grace.

Travel with Mary Magdalene and the other women to the tomb on Sunday morning and see their joy when they learn that He has risen. Watch Thomas’ doubts disappear as he proclaims, “My Lord and My God!” John 20:28

Walk with the apostles out to the Mount of Olives and see the risen Savior ascend into heaven (Acts 1:4-12) to be highly exalted and given the “name which is above every name.” Philippians 2:8-11

Rejoice in the fact that while in heaven He serves as a sympathizing mediator, knowing the struggles you face. Hebrews 4:14-16

Allow the Lord’s Supper to remind you that He is coming again to deliver His people and allow them to live with Him forever. “For the Lord Himself will descend from heaven with a shout, with the voice of the archangel, and with the trumpet of God. And the dead in Christ will rise first. Then we who are alive and remain shall be caught up together with them in the clouds to meet the Lord in the air. And thus we shall always be with the Lord. Therefore comfort one another with these words” (1 Thessalonians 4:16-18). Also see 2 Thessalonians 2:6-10; 1 Peter 1:3-9; et al.

“For God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life.” John 3:16

Think on these things.

Unless noted, all quotes from the New King James Version.