

CRINGE

Part 6: The Cringe in Communion

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1 Corinthians 11:23-29

²³ For I received from the Lord what I also passed on to you: The Lord Jesus, on the night he was betrayed, took bread, ²⁴ 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." ²⁵ In the same way, after supper he took the cup, saying, "This cup is the new covenant in my blood; do this, whenever you drink it, in remembrance of me." ²⁶ For whenever you eat this bread and drink this cup, you proclaim the Lord's death until he comes.

²⁷ Therefore, whoever eats the bread or drinks the cup of the Lord in an unworthy manner will be guilty of sinning against the body and blood of the Lord. ²⁸ A man ought to examine himself before he eats of the bread and drinks of the cup. ²⁹ For anyone who eats and drinks without recognizing the body of the Lord eats and drinks judgment on himself.

Remember

- What we need to remember: the cross
- When we need to remember: frequently
- Why we need to remember: we forget

Examine

- Confession: to God and to others
- Forgiveness: from God and to others
- Faith: to believe and to obey
- Thanksgiving: leads to worship

Partake

Next Steps

Communion is something we can do anywhere at any time. Would you consider taking Communion together as a family or with friends this Thanksgiving? Simply follow the steps outlined in 1 Corinthians 11:23-29 and what we have shared together in community today.