

Perfect Union With Christ: The Meaning of Baptism and the Lord's Supper

Today, as we prepare to receive communion, I want to take a few moments to talk about two practices of the church that many people participate in, but not everyone fully understands—baptism and the Lord's Supper, or communion.

Both of these are what we call sacraments. That simply means they are visible, physical actions that point us to a spiritual reality. They don't save us, but they testify to what Christ has done for us and what we now share with Him.

At the heart of both baptism and communion is one great truth: our union with Jesus Christ.

Baptism: Our Public Union With Christ

Baptism is the outward, public testimony of what has already happened inwardly. When the gospel was first preached on the day of Pentecost, those who responded were not people who had always followed Jesus. Many of them had stood against Him. But when they realized the truth, they were pierced in their hearts and asked, "What must we do?"

They were told to repent and be baptized in the name of Jesus Christ.

That baptism was a public declaration: I now stand with Christ. I belong to Him.

In that moment, baptism carried great risk. It identified them openly with Jesus in a hostile world.

Today, baptism still carries the same meaning, even if the risk looks different. It is our visible confession that we have been united to Christ—identified with His death, burial, and resurrection. It says, My life is now hidden in Him.

Communion: Our Intimate Union With Christ

Communion, however, speaks even more deeply—more intimately—of that union.

When Jesus spoke about eating His flesh and drinking His blood, His words sounded shocking, even disturbing. But He was using very strong language to describe just how real our participation in Him truly is.

Think about how food works. We eat it, it enters us, it becomes part of us, it nourishes us, it gives us life. Jesus uses that kind of language on purpose to show us that our relationship with Him is not external or superficial.

Faith in Christ is not just something we believe with our minds.

It is something we receive into the very core of who we are.

Jesus, the eternal Son of God, truly became flesh. That body was broken for us. That blood was shed for us. And when we come to the Lord's Table, we are reminded that His life has become our life, His death our death, and His resurrection our hope.

What Communion Proclaims

When we take the bread and the cup, we are not performing an empty ritual. We are proclaiming something powerful:

That Christ's sacrifice is sufficient

That His life now dwells in us

That our salvation is not outward religion, but inward union

That eternal life is not just promised to us someday, but already begun in Christ

Communion brings us to a moment of holy awareness—a conscious remembering of what Christ has done, a reverent honoring of who He is, and a renewed identification with Him.

Preparing Our Hearts

So today, as we receive the Lord's Supper, we do so thoughtfully and reverently—not casually, not mechanically—but with gratitude and faith.

We remember.

We honor.

We identify.

And we rejoice in the reality that we are in Christ, and Christ is in us.

This is the mystery.

This is the grace.

This is our union with Him.