



Episode 10 — *The One Mediator*

Lord's Supper Meditation

Text: 1 Timothy 2:5–6 (CSB)

Episode Summary:

This episode centers our hearts on the meaning of the Lord's Supper by focusing on Jesus Christ as the one mediator between God and humanity. Drawing from 1 Timothy 2:5–6, we are reminded that reconciliation with God was not achieved through human effort, but through Christ's willing self-sacrifice. This meditation invites listeners to slow down, reflect on the sufficiency of Jesus' work, and come to the table with humility, gratitude, and confidence in His redeeming grace.

Key Themes:

- Christ as the one mediator
- The cost of reconciliation
- Jesus' willing self-sacrifice
- Confidence grounded in Christ, not self

Key Scripture:

"For there is one God and one mediator between God and humanity, Christ Jesus, himself human, who gave himself as a ransom for all." — 1 Timothy 2:5–6 (CSB)

Takeaway Truth:

The Lord's Supper reminds us that salvation rests not in our worthiness, but in Christ's finished and sufficient work as our mediator.

For Application:

As you prepare for the Lord's Supper, intentionally set aside self-evaluation and focus your heart on Christ's sacrifice. Give thanks for His body given and His blood poured out to bring you near to God.

Series Focus:

This episode serves as a reflective pause in the Philippians series, guiding listeners to the Lord's table by fixing attention on Jesus Christ—the one mediator who gave Himself for our redemption.