

The Hope of Communion

11/30/25

1 Peter 1:13-16

Sunday AM

Today as we come yet again to the Lord's Table, for some of us, communion can almost feel routine. We know the motions – when to sit, when to stand, when to eat, when to drink. But biblically, this moment is anything but routine. It's holy. Sacred. Beautiful.

So, before we touch the bread or the cup, I want us to hear the words of the Apostle Peter – a man who knew what it was to fail and then be restored by Jesus.

Prepare your minds for action; be sober-minded; set your hope fully on the grace that will be brought to you when Christ is revealed. As obedient children, do not be conformed to the desires you had when you lived in ignorance. But just as He who called you is holy, so you also are to be holy in all you do; for it is written: "Be holy, b/c I am holy." 1 Peter 1:13–16

Today as we partake of the L.S., we're going to walk thru (3) movements:

PART 1 – A **HOLY** People at a **HOLY** Table

Before Peter ever spoke about how Christians should behave, he reminded us of who we are. We're the people of God – a royal priesthood – and a holy (set apart) nation unto God.

In context, Peter was speaking to a group of believers who'd been scattered thru-out a hostile world – exiles/strangers. Yet God didn't say, "Do your best to blend in/survive." He said – *Be holy, b/c I am holy.*

Ask – What does holiness have to do w/ communion?

Everything! But ultimately, holiness is about our **resemblance**. Just as children resemble their parents – God says that His children by faith should resemble His character in the way that we look and live.

This means that holiness isn't just for Sunday AM when we put on our church face; it's for every moment of every day in our homes, at work, on the phone, online, and in our words and actions.

This is where communion plays a role in our lives. The L.S. isn't some spiritual snack – it's a line in the sand. It's when we say – ***God, I belong to You. I don't want to live like I used to live. I want to live/look like Jesus.***

So, Peter offered (3) encouragements for us to consider before we ever come to the Table.

A **PREPARE** Your Minds for Action

prepare – means to *gird up the loins of your mind*. In Peter's day, men wore long robes. If they needed to run or work, they'd gather up those loose ends and tuck them into their belt so nothing tripped them up.

Peter is calling us to do this w/ our mind. He's saying, pull your thoughts together in a disciplined, intentional way so that you can remove any fleshly attitude, worry, or thought that can trip you up and impede any willingness/ability you have to obey and follow Jesus.

ASK – Where has your mind been this week?

Have you been consumed w/ envy/comparison? Anger? Bitterness? Lust? Greed? Anxiety? Fear? I ask b/c before we eat the bread or drink the cup, God wants us to bring our mind under His rule yet again?

B **DESIRE** to be Sober-minded

When we hear **sober**” we often think of alcohol. But Peter is talking about anything that dulls our spiritual senses and drowns out God’s voice in our lives.

So, ask yourself – am I allowing anything to dull my spiritual sensitivity? Have I gotten used to my sin?

God has given us communion as a means to wake us up to the things which crowd God out of our lives.

C **SET** Your Hope Fully on the Grace of Jesus

Notice that Peter didn’t say, “Set your hope on your performance, or on how good you think you can be.” He said – *Set your hope fully on the grace of God.*

To *set your hope on God’s grace* means to place the weight of your *confidence, security, and expectation* on what God has done, is doing, and will do for you instead of on the basis of your *performance, feelings, or circumstances*. It’s a call to stop living for lesser things like *money, success, reputation, and comfort*, to live as if God’s promised grace at His return is so certain it shapes how you *think, live, and follow* today.

WTM – as we come to the Lord’s Table today:

- We don’t come boasting in our righteousness
- We don’t come waving our spiritual résumé
- We come clinging to the hope of God’s grace

WTM – we need to examine ourselves before we partake to make sure we’re holy as He is holy.

PART 2 – The BREAD: His Holy Body Given

Listen – *On the night He was betrayed, Jesus took bread, gave thanks, broke it, and said, “This is My body, given for you. Do this in remembrance of Me.”*

A The Bread Reminds us of a **REAL** Body

God didn’t save us from a distance. He became flesh and made His dwelling among us. For 33½ years, God experience *fatigue, hunger, pain, joy, and sorrow* – God lived in a human body like ours – yet w/out sin.

Truth – His life was perfectly holy. He never once had to say, “Father, forgive Me.” He never apologized for crossing a line He shouldn’t have crossed.

B The Bread Reminds us of a **BROKEN** Body

Jesus didn’t just live a holy life; He offered His life on an old rugged cross where *He was pierced for our transgression and crushed for our iniquities*. He was beaten, mocked, and pierced. He felt the sting of every thorn. He felt the nails as He hung b/w heaven/earth, bearing the power, penalty, and punishment of our sin.

Here’s the phrase we can’t miss – *this is My body, given for you*. Not just for the world, but for you. The righteous for the unrighteous; The holy for the unholy.

Every time we hold this bread in our hands, we’re being reminded that someone else stood where we should’ve stood. Someone else died in our place.

WTM – if you’re a follower of Jesus, I invite you to take the bread in your hand, yet if you’re here today and have never trusted Christ as your Savior, I want you to hear this clearly – this table is for believers. We’re not trying to embarrass or exclude you – but to protect you. The greatest thing you can do today is not take this bread, but to take Christ Himself by faith. To say, “Jesus, I surrender to You. Forgive me. Save me.” But, for those who’ve trusted Him – do this in remembrance of Him who died for you.

PART 3 – The **CUP**: Cleansing for Holy Living

Look at the cup in your hand. Jesus said – *This cup is the new covenant in My blood, poured out for you.*

While the bread speaks of His body that was given; the cup speaks of His blood that was shed.

A The Cup Proclaims **CLEANSING**

The Bible says – *the blood of Jesus...cleanses us from all sin*. It cleanses us from ¹the sin we’re ashamed to talk about, ²the sin we thought we’d never commit, and ³the sin that still haunts us at night.

Sadly, too many people live w/ a low-grade sense of spiritual shame over the sins of their past even though it’s already been covered by the blood of Jesus. They believe God has forgiven them on paper, but in their heart they still feel disqualified, second-class, unclean.

BUT – the cup says otherwise. The cup says – ¹Your sin isn’t stronger than His blood; ²Your past isn’t greater than His grace; and ³where sin increased, God’s grace has increased all the more.”

Understand – holiness isn’t God rubbing your nose in your past; holiness is God washing you clean so you can walk into a new future w/ Him.

2. The Cup Seals a New **COVENANT**

In the O.T., God’s people lived under the old covenant w/ sacrifices, ceremonies, and repeated offerings – all of which pointed forward to something greater – the cross/empty tomb. So, when Jesus lifted the cup and said – this is the new covenant in My blood – it meant something significant. It meant...

- A New **Relationship** – no longer are we strangers, but sons and daughters – the inheritance of God.
- A New **Heart** – God has created in us a new heart w/ new purpose, hope, and spiritual ambition.
- A New **Power** – God has deposited the H.S. in us to empower us to live differently as greater is He who is in us than he who is in the world.

Understand – the same grace that forgives us also trains us. It teaches us to say “No” to ungodliness and “Yes” to a holy life. When we drink this cup, we’re not just remembering that Jesus died. We’re remembering that His blood has ushered us into a new way of living.

If you’ve been redeemed by the blood of Jesus and have trusted Him as your Savior and Lord – this cup is for you – and you are invited to partake.

This cup is the new covenant in His blood, poured out for you. Drink in remembrance of Him.