

**Luke 22 and 1 Corinthians 11**

**Main Idea:** Communion is an invitation to remember Jesus, return to Jesus, and remain in Jesus.

**Communion**

Jesus instructed His followers to remember Him. Not because He needs to be remembered — but because we need to remember. We forget easily. Life gets loud. We drift. We lose clarity. Communion is Jesus’ built-in rhythm to pull our hearts back to center. It’s His invitation to pause, reflect, and remember what matters most.

**Why Remember?**

Communion is Jesus’ antidote to spiritual amnesia. It's the spiritual pause button in a world that refuses to pause. It’s His way of saying: “Don’t forget Me — and don’t forget what I’ve done for you.” Remembering is important.

**What Should We Do?**

- 1. Remember Jesus (Luke 22:19).** Jesus broke the bread and said, *“Do this in remembrance of Me.”* He did not ask us to remember His miracles, parables, or debates — though all were important. He asked us to remember His sacrifice. When we remember the cross, we remember that...Love became visible, Grace became personal, and Salvation became possible.
- 2. Return to Jesus (1 Corinthians 11:28).** Paul wrote, *“Everyone ought to examine themselves...”* Self-examination is not shame — it’s like coming home. It is Jesus saying: *“You’ve drifted. Come back to grace. Come back to who I made you to be.”* Communion is not a ritual to perform; it is a relationship to renew.
- 3. Remain in Jesus (Luke 22:20).** Jesus spoke of a new covenant — a new way of relating to God. It is a covenant based not on performance, rules, or ritual, but on faith. Communion reminds us that Jesus is enough.

**Communion is an Invitation to...**

- ☐ **Remember** His sacrifice
- ☐ **Return** from drifting
- ☐ **Remain** in Him daily

**This week:**

- ✓ Pause intentionally and remember the cross
- ✓ Examine your heart honestly before God
- ✓ Choose one habit that helps you remain in Jesus — Scripture, prayer, worship, gratitude

**Family Night – Read Luke 22:14–20**

- **Elementary School:** Ask, “What did Jesus ask His followers to remember? What do the bread and cup represent? Why do we sometimes forget important things Jesus has done?”
- **Middle / High School:** Ask, “Why do you think Jesus wants us to remember His sacrifice over everything else He taught and accomplished? How can someone your age “remain in Jesus” this week?”

**Prayer:** *“Lord Jesus, help us remember Your sacrifice, return to Your grace, and remain in You. Amen.”*

**Velocity (Middle and High School Students)**

**Velocity:** Meet this Wednesday, December 3<sup>rd</sup>.

**Gravity:** Not Today. Today is Communion.

**Today’s Songs**

*Great Things*.....Phil Wickham

*Gratitude*.....Brandon Lake

*Heart of God*.....Zach Williams

*Victory in Jesus*.....Hymn

**Velocity Events**

The Hunt – December 17

Winterblast – January 16-19

**Christmas Family Gift Giving**

If you would like to buy a gift for a member of the families we are sponsoring this year, please sign up in the lobby.

**Deck the Halls**

Next Sunday, December 5<sup>th</sup> at 4:30. Wear your pajamas, bring your sleeping bag and money for concession stand. We will make Gingerbread Houses and watch a movie!

**Wondering to Bethlehem**

Families are invited to an outside event on Dec. 10 to visit “Bethlehem”. Secure your timeslot at the Welcome Desk.