

# How to Leverage Communion for Spiritual Growth

## In Remembrance of Me, Week 4

### I. Give \_\_\_\_\_

#### 1 Corinthians 10:16

<sup>16</sup>Is not the cup of thanksgiving for which we give thanks a participation in the blood of Christ?

#### Mark 14:22

<sup>22</sup>While they were eating, Jesus took bread, and when he had given thanks...

**See also:** Psalm 95:1-5; 103:1-4; 107:1-3; 1 Thess 5:16-18; Eph 5:18-20; Phil 4:4-7; Col 2:6-7; 3:15; Heb 12:28; 13:15

### II. \_\_\_\_\_ with \_\_\_\_\_

#### 1 Corinthians 11:17-22

<sup>17</sup>In the following directives I have no praise for you, for your meetings do more harm than good. <sup>18</sup>In the first place, I hear that when you come together as a church, there are divisions among you, and to some extent I believe it. <sup>19</sup>No doubt there have to be differences among you to show which of you have God's approval. <sup>20</sup>So then, when you come together, it is not the Lord's Supper you eat, <sup>21</sup>for when you are eating, some of you go ahead with your own private suppers. As a result, one person remains hungry and another gets drunk. <sup>22</sup>Don't you have homes to eat and drink in? Or do you despise the church of God by humiliating those who have nothing? What shall I say to you? Shall I praise you? Certainly not in this matter!

#### 1 Corinthians 10:17

Because there is one loaf, we, who are many, are one body, for we all share the one loaf.

**See Also:** Matt 5:23-24; 6:14-15; 18:21-35; Eph 4:32; Col 3:13

### III. \_\_\_\_\_ Yourself

#### 1 Corinthians 11:27-32

<sup>27</sup>So then, 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. <sup>28</sup>Everyone ought to examine themselves before they eat of the bread and drink from the cup. <sup>29</sup>For those who eat and drink without discerning the body of Christ eat and drink judgment on themselves. <sup>30</sup>That is why many among you are weak and sick, and a number of you have fallen asleep.

**See Also:** Job 13:23; Lam 3:40; Haggai 1:5-7; Matt 7:5; 2 Cor 13:5; Gal 6:4

### IV. \_\_\_\_\_ Your \_\_\_\_\_ and \_\_\_\_\_

#### 1 Corinthians 11:31-32

<sup>31</sup>But if we were more discerning with regard to ourselves, we would not come under such judgment. <sup>32</sup>Nevertheless, when we are judged in this way by the Lord, we are being disciplined so that we will not be finally condemned with the world.

**See Also:** Psalm 32; 52; Prov 28:13; Matt 3:8; 6:12; 2 Cor 7:10; James 4:8; 5:16; 1 John 1:8-9; Rev 3:19

### V. \_\_\_\_\_ on Christ's Work, \_\_\_\_\_ and \_\_\_\_\_

#### Luke 22:19

And he took bread, gave thanks and broke it, and gave it to them, saying, "This is my body given for you; do this in remembrance of me."

#### Mark 14:25

"Truly I tell you, I will not drink again from the fruit of the vine until that day when I drink it new in the kingdom of God."

#### 1 Corinthians 11:26

For whenever you eat this bread and drink this cup, you proclaim the Lord's death until he comes.

**See Also:** Phil 2:5-11; 4:8; Col 3:1-4; Heb 12:1-3; 1 Pet 1:13

### VI. \_\_\_\_\_ and Spiritual \_\_\_\_\_

#### 1 Corinthians 10:16

<sup>16</sup>Is not the cup of thanksgiving for which we give thanks a participation in the blood of Christ? And is not the bread that we break a participation in the body of Christ?

#### John 6:53-58

<sup>53</sup>Jesus said to them, "Very truly I tell you, unless you eat the flesh of the Son of Man and drink his blood, you have no life in you. <sup>54</sup>Whoever eats my flesh and drinks my blood has eternal life, and I will raise them up at the last day. <sup>55</sup>For my flesh is real food and my blood is real drink. <sup>56</sup>Whoever eats my flesh and drinks my blood remains in me, and I in them. <sup>57</sup>Just as the living Father sent me and I live because of the Father, so the one who feeds on me will live because of me. <sup>58</sup>This is the bread that came down from heaven. Your ancestors ate manna and died, but whoever feeds on this bread will live forever."

**See Also:** John 6:25-52; Rom 5:1-5; Heb 4:14

## The Bottom Line

With the \_\_\_\_\_, use these six practices in \_\_\_\_\_.