

Encounter Church  
Sunday March 8, 2026

## God's Love Language Relationship Through Communion

INTRODUCTION: I am loving this series through the Book of John! I believe no other Book of the Bible gives us such a detailed expression of Jesus Christ. And John writes from being the one whom Jesus loved! HE KNEW JESUS LOVED HIM!

Ephesians 3:17 (NLT)- "Then Christ will make his home in your hearts as you trust in him. Your roots will grow down into God's love and keep you strong."

(SHOW PICTURES)

John 3:16 (NLT)- "For this is how God loved the world: He gave his one and only Son, so that everyone who believes in him will not perish but have eternal life."

John 6:53 (NLT)- "So Jesus said again, "I tell you the truth, unless you eat the flesh of the Son of Man and drink his blood, you cannot have eternal life within you."

This needs to be understood spiritually! The expressions point to the violent sacrificial death Jesus would suffer so that when we believe in Him we can enjoy a relationship with the Father, Son and Holy Spirit!

These expressions point to what some call the Eucharist, the Holy Communion, the Blessed Sacrament, or The Lord's Supper.

In the Gospels of Matthew, Mark and Luke the writers record the moment Jesus, at the Passover Meal, institutes the Lord's Supper with his Disciples.

In 1 Corinthians 11 Paul expounds on the Lord's Supper/Communion with the Church/ Body of Christ!

1 Corinthians 11:17-34 (NLT)- "But in the following instructions, I cannot praise you. For it sounds as if more harm than good is done when you meet together. First, I hear that there are divisions among you when you meet as a church, and to some extent I believe it. But, of course, there must be divisions among you so that you who have God's approval will be recognized! When you meet together, you are not really interested in the Lord's Supper. For some of you hurry to eat your own meal without sharing with others. As a result, some go hungry while others get drunk. What? Don't you have your own homes for eating and drinking? Or do you really want to disgrace God's church and shame the poor? What am I supposed to say? Do you want me to praise you? Well, I

certainly will not praise you for this! For I pass on to you what I received from the Lord himself. On the night when he was betrayed, the Lord Jesus took some bread and gave thanks to God for it. Then he broke it in pieces and said, "This is my body, which is given for you. Do this in remembrance of me." In the same way, he took the cup of wine after supper, saying, "This cup is the new covenant between God and his people—an agreement confirmed with my blood. Do this in remembrance of me as often as you drink it." For every time you eat this bread and drink this cup, you are announcing the Lord's death until he comes again. So anyone who eats this bread or drinks this cup of the Lord unworthily is guilty of sinning against the body and blood of the Lord. That is why you should examine yourself before eating the bread and drinking the cup. For if you eat the bread or drink the cup without honoring the body of Christ, you are eating and drinking God's judgment upon yourself. That is why many of you are weak and sick and some have even died. But if we would examine ourselves, we would not be judged by God in this way. Yet when we are judged by the Lord, we are being disciplined so that we will not be condemned along with the world. So, my dear brothers and sisters, when you gather for the Lord's Supper, wait for each other. If you are really hungry, eat at home so you won't bring judgment upon yourselves when you meet together. I'll give you instructions about the other matters after I arrive."

#### FOUR GUIDELINES AS WE PREPARE FOR COMMUNION

##### 1. **We Look Back and Remember**

Verses 23-25- "For I pass on to you what I received from the Lord himself. On the night when he was betrayed, the Lord Jesus took some bread and gave thanks to God for it. Then he broke it in pieces and said, "This is my body, which is given for you. Do this in remembrance of me." In the same way, he took the cup of wine after supper, saying, "This cup is the new covenant between God and his people—an agreement confirmed with my blood. Do this in remembrance of me as often as you drink it."

***Twice in this passage we're told to remember what Jesus did for us. The celebration of communion helps us remember what we tend to forget.***

***The bread and the cup serve as memorials of the Lord's death; they don't mystically become his body or blood.***

***We are remembering His death, not repeating the sacrifice.***

Scripture is very clear that Jesus has completed His sacrificial work on our behalf. Nothing more needs to be done, except to believe that He died as the substitute for our sins.

Hebrews 10:10 (NLT)-"For God's will was for us to be made holy by the sacrifice of the body of Jesus Christ, once for all time."

## 2. We Look Forward and Rejoice

(Verse 26)- “For every time you eat this bread and drink this cup, you are announcing the Lord’s death until he comes again.”

*We’re to look back and remember the cross and also look forward to the crown.*

To “announce” means, “to announce publicly, to declare, publish, and perpetuate.”

*The bread and the cup tell the story of redemption and look ahead to the culmination of history. Ultimately, this supper points to the wedding banquet yet to come.*

Revelation 19:7-9 (NLT)- “Let us be glad and rejoice, and let us give honor to him. For the time has come for the wedding feast of the Lamb, and his bride has prepared herself. She has been given the finest of pure white linen to wear.” For the fine linen represents the good deeds of God’s holy people. And the angel said to me, “Write this: Blessed are those who are invited to the wedding feast of the Lamb.” And he added, “These are true words that come from God.”

## 3. We Look Within and Repent

(Verses 27-28)-“So anyone who eats this bread or drinks this cup of the Lord unworthily is guilty of sinning against the body and blood of the Lord. That is why you should examine yourself before eating the bread and drinking the cup.”

Once we remember by looking back, and rejoice by looking forward, we can’t help but look inside and see our need to repent.

*Paul is cautioning us about approaching the Lord’s Table in a trite manner.*

**I think there are at least two ways we need to examine ourselves:**

**Am I saved?** - Have you ever come to the point in your life where you have received Christ by faith? Are you born again? This verse challenges us to ask some tough questions.

2 Corinthians 13:5 (NLT)- “Examine yourselves to see if your faith is genuine. Test yourselves. Surely you know that Jesus Christ is among you; if not, you have failed the test of genuine faith.”

**Am I surrendered?** Are you keeping anything back from the Lord right now? Any sin that you’ve been playing around with that you’ve not repented of? Are you out of whack with anyone? Give it up. David learned this the hard way.

Psalm 32:3-5 (NLT)- When I refused to confess my sin, my body wasted away, and I groaned all day long. Day and night your hand of discipline was heavy on me. My strength evaporated like water in the summer heat. Finally, I confessed all my sins to you and stopped trying to hide my guilt. I said to myself, "I will confess my rebellion to the Lord." And you forgave me! All my guilt is gone."

Warren Wiersbe writes, "The Corinthian Christians neglected to examine themselves, but they were experts at examining everybody else."

***Communion should really be a time that we ask the Holy Spirit to shine His piercing light on anything in our lives that is unworthy of the body and blood of Christ. Examine your attitudes, actions, and your affections; when He convicts, confess it immediately.***

#### **4. We Look Around to Reconcile with Others**

(Verses 29,33,34)- "For if you eat the bread or drink the cup without honoring the body of Christ, you are eating and drinking God's judgment upon yourself." So, my dear brothers and sisters, when you gather for the Lord's Supper, wait for each other. If you are really hungry, eat at home so you won't bring judgment upon yourselves when you meet together. I'll give you instructions about the other matters after I arrive.

***Communion is also the time to make sure we're living in loving relationships with people. Jesus has made us one, so we need to act accordingly.***

1 Corinthians 10:17 (NLT)- "And though we are many, we all eat from one loaf of bread, showing that we are one body."

***We're all part of one body, and no one is better than anyone else!***

*The story is told of a time that the Duke of Wellington took communion. As he was kneeling at the front of the church, a very poor old man went up and knelt down next to him. Immediately tension and commotion interrupted the silence of the church. Someone went up to the man and whispered to him, asking him to move away from the Duke. But the great commander overheard what was said and grabbed the old man's hand to prevent him from rising. In a deep voice the Duke said, "Do not move; we are equal here."*

**CONCLUSION:** It's Time for Communion! Now, if we examine ourselves too long, we can end up discouraged and despairing. Someone has wisely said that for every look you take at yourself, take two looks at Christ. The point of looking at ourselves is to convince us of our need for forgiveness. When I see the sinfulness in my own heart I'm drawn to the Savior. By eating the bread and drinking from the cup we're saying that we are in a relationship with Jesus Christ and with His Body, the Church.