

COVENANT — JESUS CHRIST

The Lord's Supper

LESSON 10

MAY 10, 2026

LESSON TEXT

Luke 22:7–27

FOCUS VERSE

Luke 22:19

And he took bread, and gave thanks, and brake it, and gave unto them, saying, This is my body which is given for you: this do in remembrance of me.

TRUTH ABOUT COVENANT

Jesus called His church to remember His sacrifice until He returns.

MY RESPONSE TO COVENANT

I will remember and serve Jesus and others with sacrificial love.

COVENANT CONTEXT

The week that began with so much pomp and praise for Jesus ended with so much vitriol and hatred against Him. But knowing all that would befall Him, Jesus humbled Himself and served His followers. And during the Passover meal, He announced the new covenant He was instituting: they would no longer need to sacrifice a lamb for their sins, for He would be the sacrificial Lamb for all sins for all humanity for all time.

TEACHING OUTLINE

Icebreaker: Think about the most amazing dinner you have ever had. What is the best thing you remember about it?

Teacher Tip: Connect the group's answers to the import of Jesus' Passover meal with His disciples.

Lesson Connection: Share the Lesson Connection.

I. FOOTWASHING

- A. Jesus Took the Role of the Lowest Servant
- B. Jesus Taught Us How to Live with One Another

DISCUSS: *If you were at the Passover dinner and no one offered to wash the guests' feet, what do you think you would have done?*

- C. I will serve with humility.

DISCUSS: *What can you do today to serve someone in humility?*

II. REMEMBERING JESUS' SACRIFICE

A. Symbolism of the Bread and the Cup

B. Jesus Is the High Priest and the Lamb of God **(I)(V)**

***DISCUSS:** What do you think it was like for the high priest to be in the awesome presence of Almighty God inside the Holy of Holies?*

C. I will remember Jesus' sacrifice.

***DISCUSS:** What do you remember most when you participate in a Communion service?*

III. NOW AND FUTURE KING

A. Jesus Promised the Holy Spirit Outpouring

B. Jesus Promised He Would Come Back for His Church

C. I will live in covenant and look for Jesus' coming.

***DISCUSS:** What about the condition of our world shows signs to you that Jesus' coming is near?*

Internalizing the Message

PRAYER FOCUS

Lead the group in prayer and consider the following topics of focus:

- For God to help us learn how to serve others with sacrificial love
- For God to help us always live in covenant with Him

LESSON CONNECTION

In 2019 Laura decided to take the leap and host her first Thanksgiving dinner for her family and friends in her small suburban house. The buffet of sides and wide selection of pies are stressful enough, but the most difficult task of a good Thanksgiving dinner is cooking the turkey. Laura knew it would not be like anything she had cooked before, but fret not, she had YouTube tutorials aplenty to show her the way.

She went shopping well ahead of time to make sure she could snag a large enough turkey to feed all her dinner guests. She found a twenty-pounder, paid for it, and brought it home. Now, where to store it in the freezer? It was time to clean out the freezer to make room for the star of Thanksgiving dinner. Everything was going well until that morning. She woke up ready to face the day, prepare for dinner, and...she forgot to defrost the turkey! She tried every fast-defrost trick she had read online, but none worked. It was still frozen solid, and dinner was only hours away.

But heat melts ice, right? She shoved the partially thawed, partially frozen entrée into the oven and cranked up the heat. That will make it cook faster, right? Hours later, her kitchen was filled with smoke. Some of the water that thawed in the oven leaked, creating a layer of grease in the bottom of the oven, causing a grease fire. Flames shot out of the oven as Laura called for help. By then her brother was at her side with a fire extinguisher and sprayed white foam all over Thanksgiving dinner. Their meal was ruined, and the kitchen was filled with smoke and covered with foam. Laura was about to break down and cry the night away.

Her cousin ordered pizza, which arrived just before her guests walked back out the door, and they ate their pizza and

laughed about the Great Turkey Inferno of Thanksgiving 2019. One of her creative guests even drew a picture of a turkey on fire and stuck it to her refrigerator as a keepsake, in case she ever forgot the partially thawed, partially frozen turkey that nearly ruined Thanksgiving.

As unforgettable as Laura's Inferno Thanksgiving was for her family, today we will revisit a meal from Bible times filled with somber moments of great significance. From a shocking moment of humility to a bewildering scene of betrayal, the Last Supper is monumental in understanding Jesus' final moments with His followers.

BIBLE LESSON

I. FOOTWASHING

In Bible times, when a host invited guests into a home for a meal, it was customary for the host to provide a servant to wash the guests' feet. We derive two prominent aspects from the custom of foot washing: hygiene and humility. Many of the people in the desert area of Judea wore sandals, which quickly became dirty from the dust. They would kick off their sandals at the door so they didn't spoil their hosts' beautiful rugs or freshly cleaned floor, only to track in dust from their feet. It became a sign of hospitality to offer to wash a guest's feet. In today's society, much like we wash our hands before a meal, they practiced foot washing for hygiene as well.

The second point is humility. Foot washing became a menial but necessary practice assigned to a servant. For the head of the household to wash feet would have been a humiliating task. When Jesus—the one the disciples looked to as their rabbi, or teacher—knelt down to wash their feet, it was not only a reversal of social etiquette, but it was an object lesson on humility. John is the only Gospel that records Jesus washing the disciples' feet. (See John 13:1–17.) And John's Gospel was primarily dedicated to pointing to Jesus' deity. Interestingly, Jesus was just as divine when He was washing feet as He was when He walked on water.

A. Jesus Took the Role of the Lowest Servant

Jesus had invited His disciples to eat the Passover meal with Him. All the disciples were gathered together in the appointed place, looking forward to an evening with Jesus. Jesus had already told them He would not be with them much longer. He knew His hour had come when "he should depart out of this world unto the Father" (John 13:1).

It is not clear why no one offered to wash the dinner guests' feet at the Passover meal. None of the disciples offered to do the menial task. Perhaps they looked around for a servant and when they saw none, they simply ignored the awkward silence in the room and began eating. None of them were willing to assume the role of the lowest servant in the room.

Jesus got up from the table, set His cloak aside, and wrapped a towel around His waist. He knelt down, poured water into a basin, and gently began to wash the disciples' feet. When He was finished, Jesus took the towel and dried their feet. Jesus added another component to foot washing: loving devotion. Judas was about to betray Jesus to the Jewish religious leaders, but Peter would also deny knowing Jesus three times. Jesus could have pointed out flaws in every disciple, but it did not prohibit Him from showing loving devotion to His followers by washing their feet.

When Jesus knelt down in front of Peter, Peter asked, "Dost thou wash my feet?" Jesus explained that Peter may not

understand what Jesus was doing now, but he would later. Peter shook his head and exclaimed, “Thou shalt never wash my feet”

(John 13:6–8). Poor Peter had a habit of blurting before thinking. Jesus more delicately answered that if Peter did not let Jesus wash his feet, Peter would have no part with Jesus. Peter sat back, perhaps even raised his hands in surrender, and said, “Lord, not my feet only, but also my hands and my head” (John 13:9).

B. Jesus Taught Us How to Live with One Another

The picture of Jesus washing the disciples’ feet is one of true humility and love. Jesus was the greatest teacher of all time. Not only was He showing His disciples how much He loved them, but He was showing them how to love one another. When Jesus finished washing the disciples’ feet, He got up and asked them if they knew what He had just done. He went on to say, “Ye call me Master and Lord: and ye say well; for so I am. If I then, your Lord and Master, have washed your feet; ye also ought to wash one another’s feet” (John 13:13–14). When we serve each other in humility, we will prefer our brother or sister over ourselves. Learning to serve as Jesus did helps us to live in unity with each other.

Jesus’ desire is for us to learn to enjoy each other’s company and bond with those who are “of like faith.” Through His actions at the Last Supper, Jesus also showed us how to love someone who does evil against us. Jesus knelt down before Judas and lovingly washed his feet along with the others. Most likely Judas was uncomfortable. He probably had never counted on the expression of love Jesus offered him. He may have wondered if Jesus knew what he was about to do. Then it was confirmed when Jesus told him to go quickly and do what he had to do. Judas was one whom the Savior loved to the end. (See John 13:1.)

***DISCUSS:** If you were at the Passover dinner and no one offered to wash the guests’ feet, what do you think you would have done?*

C. I will serve with humility.

Jesus issued clear instructions: “A new commandment I give unto you, That ye love one another; as I have loved you, that ye also love one another. By this shall all men know that ye are my disciples, if ye have love one to another” (John 13:34–35). We look to Jesus as the perfect example of how to conduct ourselves in this world. He said to be holy as He is holy. (See I Peter 1:16.) One of the most difficult things to do as human beings is to intentionally serve with humility. It doesn’t come naturally to us because of pride, which is a poisoned fruit of sin. In fact, John declared it is one of the three worldly attributes that will separate us from God. (See I John 2:16.) However, it is good for our soul when we serve with humility. We kick pride to the curb when we put the needs of others before our own. Let us all pray for God to help us serve each other in humility, just as Jesus served His disciples.

***DISCUSS:** What can you do today to serve someone in humility?*

II. REMEMBERING JESUS’ SACRIFICE

A. Symbolism of the Bread and the Cup

As the meal was wrapping up, Jesus took the bread, gave thanks, and broke it. When He gave it to His disciples, He said, “This is my body which is given for you: this do in remembrance of me” (Luke 22:19). Then He lifted up the cup and said, “This cup is the new testament in my blood, which is shed for you” (Luke 22:20). Matthew 26:28 records the last part of Jesus’ statement: “My blood...is shed for many for the remission of sins.” The blood of animals would no longer be necessary to cover their sins. Rather, Jesus’ blood ushered in the new covenant by providing remission for sins.

Until that point, every animal the Jews had sacrificed helped to postpone the penalty for their sins until the following year when they could offer another sacrifice. But Jesus’ sacrifice of His own life did not just postpone the penalty; His blood paid the penalty we owed. Now, we can stand before God forgiven and free from the power of sin. The writer of the Book of Hebrews was right: the new covenant is better than the old covenant because the new covenant gives us new life, something the old covenant could never do.

B. Jesus Is the High Priest and the Lamb of God

(I) The Jewish high priest had several duties to perform every year before he was allowed to enter into the Holy of Holies, the most secure and sacred room in the Temple. As he passed through the veil, he approached the Ark of the Covenant, the symbol of God’s presence on earth. Atop the Ark of the Covenant were two golden cherubim (angels) facing each other with their wings outstretched, touching each other. Their faces looking at the Mercy Seat, the place where God’s presence would descend to meet with humanity. As the high priest sprinkled blood from the sacrifice he had offered onto the Mercy Seat, the presence of the Lord would fill the room. (See Exodus 25:18–20; Leviticus 16:2–4.)

***DISCUSS:** What do you think it was like for the high priest to be in the awesome presence of Almighty God inside the Holy of Holies?*

(V) During that Passover meal, Jesus announced a new covenant through the gospel, thus fulfilling His role as High Priest (mediating between God and humanity). At the same time, He was also the Lamb of God willingly sacrificing His blood for our sins. He who knew no sin was made to be sin for us. (See II Corinthians 5:21.) As God incarnate, Jesus was both our high priest and the sacrifice.

C. I will remember Jesus’ sacrifice.

Throughout the year, we are offered communion, often during special services. Communion reminds us of the sacrifice Jesus made for us. Jesus shared communion with His disciples at the Last Supper. When He was finished, He instructed them: “Do this in remembrance of me...until I come.” We eat the bread and remember Jesus’ broken body for us; we drink the fruit of the vine and remember Jesus’ shed blood for us. We must remember Jesus’ sacrifice, for without it, we would all be lost. We celebrate, we remember, and we look forward in faith to the day Jesus returns for His church.

***DISCUSS:** What do you remember most when you participate in a Communion service?*

III. NOW AND FUTURE KING

A. Jesus Promised the Holy Spirit Outpouring

During that same night, Jesus also promised He would pour out His Holy Spirit. In John 14, Jesus reassured the disciples: “And I will pray the Father, and he shall give you another Comforter, that he may abide with you for ever; Even the Spirit of truth; whom the world cannot receive, because it seeth him not, neither knoweth him: but ye know him; for he dwelleth with you, and shall be in you. I will not leave you comfortless: I will come to you.”

After Jesus’ resurrection, He reminded the disciples that the Holy Spirit would be poured out. He told them to go to Jerusalem and wait for the “promise” there (Luke 24:49). The new covenant was a gift wrapped in His death, burial, and resurrection. These three components were the present with which the promise of the gospel was given. His death, burial, and resurrection are demonstrated through repentance, baptism, and the gift of the Holy Ghost.

Today we can look forward to the outpouring of the Holy Ghost. When the disciples received the Holy Spirit on the Day of Pentecost, the promise came alive as they spoke in tongues, experiencing the divine infilling of God’s Holy Spirit. That same experience is our promise also. We have the same hope the disciples had that Jesus will dwell within us until He calls us home.

B. Jesus Promised He Would Come Back for His Church

Contrary to what many of the Jewish leaders believed, Jesus Christ was the Messiah. He may have come in a lowly manner, but He carried out His mission perfectly. He promised He would come back for His church. That is why Jesus instructed the disciples—and us, by extension—to remember His death until He comes. He was calling us to look back to what He did for us and forward to what He will do for us. Jesus is coming back for His church who has been made right with Him through the gospel.

C. I will live in covenant and look for Jesus’ coming.

Jesus’ sacrifice was the signature of His covenant with us. His work was completed. Through the gospel we have access to His presence in our lives. Looking forward to His coming is a benefit of living in covenant with Jesus. How wonderful it will be when we hear the trumpet sound and are caught up in the clouds to be with the Lord forever. (See I Thessalonians 4:16–17.)

***DISCUSS:** What about the condition of our world shows signs to you that Jesus’ coming is near?*

***Teacher Option:** Tell the story below or share one of your own to illustrate the power and beauty of the new covenant through the gospel.*

INTERNALIZING THE MESSAGE

Mary stretched her neck to see Peter standing up front pacing back and forth, earnestly praying. She was shaking with excitement as she waited for whatever Jesus had promised. He told them where to meet (Jerusalem) and what to do (wait). But that was it. He did not give them a time frame. The first day they were praying for the promise; by the sixth day, they may have been praying for some fresh air. One hundred and twenty people in a second-floor

room could get cramped and unpleasant. Yet, they continued to pray and wait.

As she meditated, her mind wandered. Mary had known Jesus better than anyone. Her memory pulled up the paralyzing fear she had felt when Jesus went missing for three days. She and Joseph were relieved when they found Him in the Temple teaching the teachers. He said He was attending to His Father's business. They didn't understand what He was referring to at the time, but now His meaning was loud and clear. His understanding of the Scriptures was beyond His years. She smiled as she thought, *He wrote them*. A small giggle escaped her lips as she lowered her chin and continued to pray.

Joy swelled in her heart. She knew Jesus had something extraordinary in store for those waiting for His promise; this time He would dwell within them, not just with them. Mary had a similar experience when she was carrying Him in her womb. She giggled again, thinking, *No, I'm sure it will be much better than morning sickness*. When Mary felt His first kick in her womb, she knew it had begun. Later, when she wept at the foot of the cross, Jesus cried out, "It is finished." How she wept. For days she could think of nothing but her precious son hanging on a cross like a criminal. Then she remembered Him teaching about His suffering. He said it was necessary for Him to fulfill the old covenant and bring in the new. Now she understood. His death was required, just like the sacrificial lamb at the Temple. Jesus was that Lamb—the Lamb of God. Mary began to weep as she prayed, talking to Jesus and preparing her heart for His return.

Suddenly she heard a sound like wind, but there was no breeze. She raised her hands in worship as the sound of a rushing, mighty wind filled the room. When she opened her eyes, she saw flames, no, tongues of fire above everyone's head, and everyone was speaking in beautiful languages. She began to rejoice and jump up and down. He's coming! He's coming! Her tongue felt strange and her words were different, but a good different. She was speaking in tongues. This was the promise of the Comforter. What a wonderful experience!

She immediately felt a transformation in her heart. She was filled with the promised Holy Ghost. It was new, but warmly familiar. Oh what a wonderful day! It was as Jesus had said: His "Father's business."