



Part 9: Karibu (Welcome)

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²³ For I received from the Lord what I also passed on to you: The Lord Jesus, on the night he was betrayed, took bread, ²⁴ and when he had given thanks, he broke it and said, "This is my body, which is for you; do this in remembrance of me."

²⁵ In the same way, after supper he took the cup, saying, "This cup is the new covenant in my blood; do this, whenever you drink it, in remembrance of me."

²⁶ For whenever you eat this bread and drink this cup, you proclaim the Lord's death until he comes.

²⁷ 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. ²⁸

Everyone ought to examine themselves before they eat of the bread and drink from the cup. ²⁹ For those who eat and drink without discerning the body of Christ eat and drink judgment on themselves. – *1 Corinthians 11:23-29*

We are welcomed at God's table to:

1) Receive strength – "...which is for you..."

³³ For the bread of God is the bread that comes down from heaven and gives life to the world." ³⁴ "Sir," they said, "always give us this bread." ³⁵ Then Jesus declared, "I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty. – *John 6:33-35*

2) Remember – "...do this in remembrance of me."

The key is to remember not how bad we are, but how good God is!

3) Renew our trust and commitment in the new covenant – "This cup is the New Covenant in my blood"

(Continues on back)

- 4) Re-examine ourselves – “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. Everyone ought to examine themselves before they eat of the bread and drink from the cup.”

Question: Am I worthy?

Personal Answer: No

Question: Who is worthy?

Traditional Answer: Nobody

Question: Who is worthy?

Biblical Answer: The Lamb of God

Our invitation to Communion:

To the broken who believe that “Worthy is the Lamb,”
Jesus says, “Come and feast! You are welcome!”

Next Steps

Participate in Communion

Small Group Questions



- 1) What was the best meal you ate this summer? Was it the quality of the food or the people you shared it with that made it so memorable?
- 2) Have you ever found yourself in the presence of someone that you considered to be very spiritual? Who were they? What emotions or insecurities affected you when you were around them?
- 3) What do you “remember” when you participate in Communion? Did your recollections change because of this experience?
- 4) What strength do you gain from coming to the Lord’s table?
- 5) What are your spiritual goals for this fall?
- 6) How can we pray for you tonight?