

THE THINGS WE DO

May 7, 2023 | Reggie Roberson

WARM UP QUESTIONS: What is one habit or practice that has shaped you in a positive way?

READ: Acts 2:42-47

FOCUS: We Eat; The Lord's Supper.

OBSERVE:

- Sharing a meal together helps to shape us by having us join in community, develop connection and unite us. This is why it's amazing that God modeled this for us at the Lord's supper, which is a symbol of the new covenant at the time of Passover Jesus taught His disciples.
- From the beginning, God wanted humankind to be mindful of what we eat and who we eat with because of the influences that they could have on our hearts and minds. We see this when God instructs Adam not to eat from the Tree of Knowledge of Good and Evil. The same could be said today in terms of social media, video games, TV and music; each should be building us up as temples of God, pure and holy, for His glory to shine through.
- When we eat communion, we not only commemorate Christ's blood shed for us and His body broken for us; the Lord's Supper also accomplishes three more things: rejuvenation, unification and anticipation. We are rejuvenated in Christ as we eat in unity and anticipate His coming return.

TAKING ACTION:

- Join a Life Group! In Life Groups, people fellowship over a meal and help to reorient our minds to reflect Christ in our thoughts and actions.
- Take time every day to surrender to God those areas of your life that have given way to broken mindsets and dysfunctional habits.

REFLECT:

- What have you been feeding on that has caused disunity, dysfunction and disease in your heart and mind?
- What new habits can you start practicing that will be food for your soul?

PRAY:

God, thank You that You have modeled for us the practice of eating Communion and meals with each other. It is because You died for us and rose again that we can commemorate Your victory over death through the sacrament of the Lord's Supper. We ask that throughout each day, You help us to reflect on Your gift of eternal life we have been freely given because of Your love. We pray this in Jesus' name. Amen.

