

## **Lord's Supper Talk**

Have you ever come to the Lord's Table and taken this sacred time for granted. Like, man I wonder what I am going to have for lunch after this drawn out service gets over. I hope they don't have an alter call or run off another hymn because I got things I need to get done before I start my week.



1 Corinthians 11:27-29

<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.

Sometimes I feel Like my body, heart, and my mind are not prepared or ready to receive this blessing. But you know if we leave the doubt and flesh behind we can redirect our focus to remember that we should be so grateful and blessed to know that some plain old unhandsome man was sent to die for all of us. Sometimes I feel like I don't deserve this free gift. Sometimes we feel like we are not worthy of this. But He is worthy to be praised. Amen

Prayer

Lord help us to reflect and rejoice in the promise that we have in you. You give us this time to look deep within ourselves and prepare our hearts and minds for this time even though we may not be one hundred, yet you take us as we are. We thank you Lord for your sacrifice and this time that we get to spend with you.