

## Lords Supper Meditation “Self Accountability”

Good morning everyone. Since I don't have to stand up in front of all of you and risk passing out, I now have the chance to share some thoughts with you before we take communion this morning. There are a couple points I would like to make here, but the biggest thing I would like to talk about is “Self Accountability.” There are lots of things in life we are held accountable for by others, especially in the workplace, but holding ourselves accountable is much more powerful. It creates self discipline and that is how we grow and get stronger in our faith. Now, recently I have had to take a step back in my own life and remind myself that I gave myself to Christ, and I wasn't doing the best job of keeping it that way. I realized that during all of the responsibilities and things that we deal with in life like appointments, work ect. It had caused me to put a lot of these things first in my life. So my reminder was that I don't belong to any of these earthly things, my life belongs to Christ. When we give ourselves to Christ, we give him all of us, not just part of us. I needed to hold myself accountable to keep it that way, and make sure that nothing ever comes before him. After reminding myself of this, I looked to God's word and came across this verse,

Galatians 2:20 “I have been crucified with Christ. It is no longer I who live, but Christ who lives in me. And the life I now live in the flesh I live by faith in the Son of God, who loved me and gave himself for me.”

So how do we honor Christ who is holy and literally gave his own life for us? We hold ourselves accountable in living our lives the way that he tells us too.

### 1 Corinthians 11:23-25

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.”

This next scripture is a powerful one, and shows us how important this part of our faith is because life on this earth goes by so fast and eternal life is forever.

John 6:54 “Whoever eats my flesh and drinks my blood has eternal life, and I will raise them up at the last day.”

Please pray with me:

Father in heaven, thank you for the many blessings you give us each day. Please help us to have open hearts that forgive others the way that you have forgiven us. Thank you for grace and mercy, and thank you for giving us hope for eternal life. Please bless these emblems that remind us of Jesus' body and his blood that he shed for us. We ask that you forgive us where we have failed you, we pray in Jesus' name, Amen.