

WEEK 1: THE LAST SUPPER

[EASTER 2019](#)

And he took bread, gave thanks and broke it, and gave it to them, saying, "This is my body given for you; do this in remembrance of me." In the same way, after the supper he took the cup, saying, "This cup is the new covenant in my blood, which is poured out for you." Luke 22:19-20

Luke 19:28-44, John 12:12-19, Luke 22:7-30, 1 Corinthians 11:23-26

We use all kinds of things to help us **remember** important people, places or events in our lives: photos, jewelry and journals to name a few. They serve as **reminders** of something that matters to us, whether that is a special date or anniversary, a **vacation** or someone we love. When we look back on these **items** months, years or even decades later, they often fill us with **memories** and gratitude for the past.

Jesus left the **disciples** with an important command on the night before His death as a way to remember Him – something we still practice to this day to remember who Jesus is and what He has **done** for us.

During their last meal **together**, Jesus instructed His disciples to break bread and drink wine as a **symbol** of His body and blood. He knew that the next day He would be sentenced to death on a **cross**, rise three days later, then leave Earth to return to heaven. It was Jesus' way of preparing the disciples for His **impending** death and resurrection, and even still, we take **bread** and wine or juice as a way to remember His sacrifice. That night, the disciples had no idea how meaningful this action would be or what events lied ahead of them, but today this act of **communion** is a staple practice of our **faith**.

When we take **communion**, we are showing Jesus that we remember and appreciate His **sacrifice** on the cross. We look back on what He has done with gratitude. He gave everything so we could spend **eternity** with Him in heaven and that is something worth remembering!

Questions to think about:

1. What is an important person, place or experience in your life?
2. What is an item or tool you use to remember it?

3. What are a few ways you can look back on the sacrifice Jesus made for us?