

# Joy: Remembered

Communion is first an act of remembrance, but biblical remembrance is more than recalling a historical event. It involves bringing God's saving work into the present so that it shapes our lives today.

*'Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God.'*

**Hebrews 12:1-2**

## **Reflection:**

Has the wonder of God's grace become familiar to me? How can I rediscover the joy of my salvation?

As I remember the cross today, am I finding my joy in what Christ has done for me, or in what I feel I have done for Him?

## **Response:**

As you take the bread and wine this morning, I encourage you to declare over yourself or each other the truth that Jesus is delighted to be in relationship with you! He went through his body being broken and his blood being spilt for you personally.

*This could look like:*

“I choose to believe that Jesus is delighted in me”

“You have a Father in heaven who is proud of you and is joyfully engaging in your life”

# Joy: Recieved

Communion isn't simply something we do for God. It is also something God gives to us. Through what was achieved through the act of communion, we received the gift of the Holy Spirit, which produces the fruit of Joy in us.

*'Remain in me, as I also remain in you. No branch can bear fruit by itself; it must remain in the vine. Neither can you bear fruit unless you remain in me. I have told you this so that my joy may be in you and that your joy may be complete.'*

**John 15:4,11**

## **Reflection:**

What am I looking to for joy that cannot truly satisfy apart from Christ?

Am I allowing Holy Spirit to grow His joy in me, or am I carrying burdens He is inviting me to surrender?

## **Response:**

As you take the bread and wine this morning, I encourage you to explore how His sacrifice has made space in you for the Spirit to grow joy in you. See taking the bread and wine as choosing to lay on Jesus anything that robs the joy that is in you!

*This could look like:*

“I choose to believe that joy is growing in my life and I will nurture it as it grows”

“I see joy in you when... and I want to encourage you to...”

# Joy: Shared

One of the greatest witnesses to the gospel is a joyful people gathered around one table despite their differences. Communion reminds us that Christ's body creates a new family, and we are welcomed into that family through the sharing of a meal and celebrating together.

*'Because there is one loaf, we, who are many, are one body, for we all share the one loaf. '*

**1 Corinthians 10:17**

*'They devoted themselves to the apostles' teaching and to fellowship, to the breaking of bread and to prayer. '*

**Acts 2:42**

## **Reflection:**

How have I experienced joy through the love, encouragement, or support of God's people?

Is there anyone with whom broken relationships are robbing me of the joy Christ desires for His body?

## **Response:**

As you take the bread and wine this morning, I encourage you to share it with someone around you. Everyone is invited to join the table, and this meal should be shared. Share what part of the body of Christ means to you or how you have been shown Christ's joy through your church family.

# Joy: Anticipated

Communion doesn't only point backwards; it points forwards, declaring that "One day this meal will become reality in God's kingdom." That there will be no end to the meal and the joyfulness that it brings will last forever.

*'I consider that our present sufferings are not worth comparing with the glory that will be revealed in us. For the creation waits in eager expectation for the children of God to be revealed.'*

***Romans 8:18-19***

## ***Reflection:***

What burden do I need to place into God's hands today so that He can restore my joy?

Am I living with the joyful expectation that the best is still to come in Christ?

## ***Response:***

As you take the bread and wine this morning, I challenge you to see this act as an opportunity to faithfully believe that there is a joyful outcome in the situation you have been reflecting. Declaring God's kingdom come and acknowledging whatever the outcome, I will choose joy!

*This could look like:*

"I choose to believe that a joyful outcome is coming in ..... situation"

"I agree with you and declare that Joy will come in your situation"