



SUN GROVE CHURCH

Ancient Practices - Communion

(Luke 22:1-20, 1 Corinthians 11:17-34)

- Ancient Practices can help propel us forward in our spiritual journey.
- The Passover meal is a Jewish tradition that commemorates the Exodus.
- Luke 22:14

Communion and Passover

- The Jewish Passover meal comes in 4 parts.
- Luke 22:17-18
- Jesus is pointing to a new future in Him.
- Three pieces of unleavened bread stacked.
 - The top piece represents God.
 - The bottom represents the people.
 - The MIDDLE represents the priest/mediator.
- Luke 22:19-20

“In that moment the Jewish meal becomes Christianized, a memorial act in memory and proclamation of Jesus’ death...This meal is like a new start.” - Darrell Bock

- We see the Passover as a foreshadow of Jesus Christ.
- Communion takes us back to a point in history that changed everything.



SUN GROVE CHURCH

Communion has the ability to help recalibrate my heart and mind.

A. Look Back.

- Romans 6:6
- Our sins do not enslave us anymore.

B. Look Within.

- 1 Corinthians 11:28

C. Look Around.

- Communion reminds us of our connection with God and each other.
- That first Communion was a meal celebrated in community.

D. Look Ahead.

- 1 Corinthians 11:26
- Communion is meant to be a way to remember that life in this world isn't all there is.
- Revelation 21:4

E. LOOK to the Cross.

- 1 Corinthians 11:23-26
- Communion ties us together with every generation of Jesus-followers thru time.