

Refresh

“Tasting Refreshment”

How Does the Lord’s Supper Refresh Me?

1. By challenging me to look inward & *take inventory* of how I am daily living.

- **Matt. 26:17-25:** *“On the first day of the Feast of Unleavened Bread, the disciples came to Jesus and asked, ‘Where do you want us to make preparations for you to eat the Passover?’¹⁸ He replied, ‘Go into the city to a certain man and tell him, “The Teacher says: My appointed time is near. I am going to celebrate the Passover with my disciples at your house.”’¹⁹ So the disciples did as Jesus had directed them and prepared the Passover.²⁰ When evening came, Jesus was reclining at the table with the Twelve.²¹ And while they were eating, he said, ‘I tell you the truth, one of you will betray me.’²² They were very sad and began to say to him one after the other, ‘Surely not I, Lord?’²³ Jesus replied, ‘The one who has dipped his hand into the bowl with me will betray me.²⁴ The Son of Man will go just as it is written about him. But woe to that man who betrays the Son of Man! It would be better for him if he had not been born.’²⁵ Then Judas, the one who would betray him, said, ‘Surely not I, Rabbi?’ Jesus answered, ‘Yes, it is you.’”*

2. By directing me to look upward & *thank Jesus* for his eternal sacrifice/life.

- **Matt. 26:26-28:** *“While they were eating, Jesus took bread, gave thanks and broke it, and gave it to his disciples, saying, ‘Take and eat; this is my body.’²⁷ Then he took the cup, gave thanks and offered it to them, saying, ‘Drink from it, all of you.²⁸ This is my blood of the covenant, which is poured out for many for the forgiveness of sins.’”*

3. By focusing me to look forward & *live contagiously* for my Father’s Kingdom.

- **Matt. 26:29-30:** *“‘I tell you, I will not drink of this fruit of the vine from now on until that day when I drink it anew with you in my Father’s kingdom.’³⁰ When they had sung a hymn, they went out to the Mount of Olives.”*