

Remember

“Clean Your Plate!”

Luke 22:14: *“When the hour came, Jesus and his apostles reclined at the table. ¹⁵And he said to them, ‘I have eagerly desired to eat this Passover with you before I suffer. ¹⁶For I tell you, I will not eat it again until it finds fulfillment in the kingdom of God.’”*

What Must I Do to “Clean My Plate” Spiritually in the Lord’s Supper?

1. ***Reconnect!***

- **1 Cor. 11:18-22:** *“In the first place, I hear that when you come together as a church, there are divisions among you, and to some extent I believe it. ¹⁹No doubt there have to be differences among you to show which of you have God's approval. ²⁰When you come together, it is not the Lord's Supper you eat, ²¹for as you eat, each of you goes ahead without waiting for anybody else. One remains hungry, another gets drunk. ²²Don't you have homes to eat and drink in? Or do you despise the church of God and humiliate those who have nothing? What shall I say to you? Shall I praise you for this? Certainly not!”*

2. ***Refocus!***

- **1 Cor. 11:23-25:** *“For I received from the Lord what I also passed on to you: The Lord Jesus, on the night he was betrayed, took bread, ²⁴and when he had given thanks, he broke it and said, ‘This is my body, which is for you; do this in remembrance of me.’ ²⁵In 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.’”*

3. ***Reengage!***

- **1 Cor. 11:26:** *“For whenever you eat this bread and drink this cup, you proclaim the Lord's death until he comes.”*

4. ***Reverse Course!***

- **1 Cor. 11:27-30:** *“Therefore, whoever eats the bread or drinks the cup of the Lord in an unworthy manner will be guilty of sinning against the body and blood of the Lord. ²⁸A man ought to examine himself before he eats of the bread and drinks of the cup. ²⁹For anyone who eats and drinks without recognizing the body of the Lord eats and drinks judgment on himself. ³⁰That is why many among you are weak and sick, and a number of you have fallen asleep.”*

