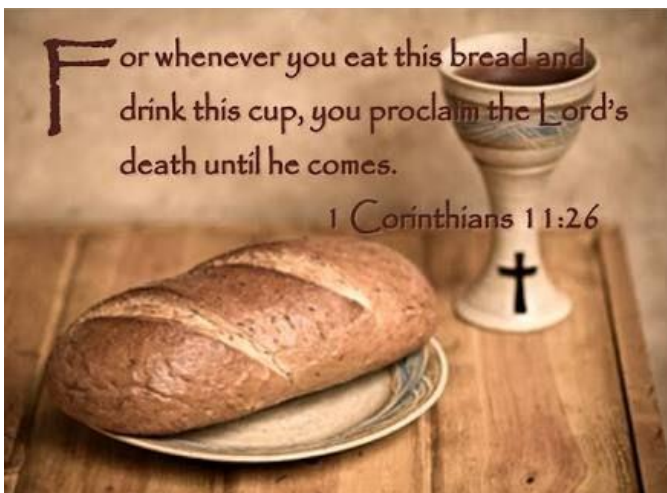


Guided by a cloud 15 (Exodus 13:21-22)

Over the past few weeks I have been working on some church admin which involved looking at old documents associated with when the church was developing the building in the 1950's. There was an aim to raise £2500 and £500 came from an anonymous donor. With the donation was a letter which said that Psalm 107:8-9 was the reason for the gift. Those verses are as follows:

⁸ Let them give thanks to the LORD for his unfailing love and his wonderful deeds for mankind, ⁹ for he satisfies the thirsty and fills the hungry with good things.

As with a lot of the bible these verses are timeless and are as true for us now as they were in 1954 and when they were first written in about 500BC. In fact the whole of the Psalm is worth a read as it talks about the difficult situations God's people found themselves in but when they cried out to the Lord he sent out his word and healed them and brought them out of their distress. As we come to take communion this morning we can reflect on the fact that Jesus came and died for us, and as we continue to put our trust in Him he can to bring us out of our distress and heal us.



Worship time

[10 000 reasons \(Bless the Lord\)](#)

[Water you turned into wine](#)

[Jesus I have never](#)

Yesterday, today, tomorrow

The Lord's Supper is a reminder of what Jesus did in the past, a symbol of our present relationship with Him, and a promise of what He will do in the future.

Yesterday - Jesus' death was a tremendous and precious gift which we should receive with great gratitude. We remember Jesus' death with the knowledge that He has triumphed over sin and death. Today - when taking communion, we show that we share in Jesus Christ and we are united with Him now. Tomorrow - we are reminded of Jesus's return in the future. Jesus said he would not drink the fruit of the vine again until that day when I drink it new with you in My Father's Kingdom. (Matthew 26:29). Taking the bread and wine of communion are rehearsals of what will be the greatest victory celebration in all history.

"Whenever you eat this bread and drink this cup, you proclaim the Lord's death until He comes" (1 Cor. 11:26).

Communion

On the evening He was betrayed, Jesus took some bread and said, "This is My body given to 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).

As we take the bread and drink the wine we do so in remembrance of Jesus and the blood that was shed for us.

Reflect on Psalm 107 and *"give thanks to the LORD for his unfailing love"*.

"Cast all your anxiety on Him because he cares for you" 1Peter 5:7