

# Guided by a cloud 35 (Exodus 13:21-22)

This week we are back to celebrating communion 'together apart' and it's good to know that whilst we are separated geographically we are joined by God's spirit. One evening this week Carole was expressing her frustration at her nursery children who, despite lots of teaching about good manners, find it difficult to remember to say please and thank you. One member of staff has resorted to keeping a tight grasp on the snack she is handing out until the recipient eventually says the 'magic' words. In the passage that I am using today it is interesting to see that before Jesus gives out the bread and the wine he "gave thanks". Saying thank you is one of the social graces that we are taught from an early age and we are even told in 1 Thessalonians 5:18 "give thanks in all circumstances"

ACT JUSTLY

LOVE MERCY

WALK HUMBLY

*micah 6:8*

## Worship time

[Jesus Christ I think upon your sacrifice](#)

[I cast my mind to Calvary](#)

[Here I stand forgiven](#)

**Mat 26:26-27** *While they were eating, Jesus took bread, and when he*

*had given thanks, he broke it and gave it to his disciples, saying, 'Take and eat; this is my body.' Then he took a cup, and when he had given thanks, he gave it to them, saying, 'Drink from it, all of you.'*

One word for the Lord's Supper, or Communion, is "Eucharist." Not a word we use a lot but it comes from the earliest days of the church where Greek was spoken. The word used for Communion was eucharistia – which means, simply, "thanksgiving."

When Jesus gave thanks before the meal he knew he was going to the cross, that his time had come, so what might he have been thanking God for.

Maybe it was to set an example to us. Every time we come to his table to eat bread and drink wine we should give thanks for what Jesus has done for us. Perhaps he gave thanks that his hour had finally come, maybe he had a sense of anticipation. Jesus came to be the sacrifice; the mission was almost complete. Finally, he may have given thanks on behalf of us - the people who needed him. We too can thank God on behalf of our friends. In Romans 12:15 we are commanded to rejoice with those who rejoice and mourn with those who mourn. Jesus our greatest friend does that for us.

As we come to our communion table this morning we can reflect on the things that we can be thankful for.

Most importantly we are thankful for our salvation. The fact that Christ died for us is really something to be thankful for. Also by his sacrifice he broke down the wall between us and God the Father. The relationship that we have with Jesus allows us to approach God and call him "Father."

Collectively as a church we have reasons to be thankful too. By his sacrifice he has established the church – Christianity is not something we do individually. Paul in 1 Corinthians 11 mentions five times about 'coming together' to celebrate this meal "until he comes again." We are thankful that we know of his sure and certain return.

As we take Communion today we thank God for what Jesus has done for us. We are thankful for his great love for us; he endured the Cross so that we might have life and life to the full.

Thank you Jesus, the lover of our soul.

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