The New Covenant Communion Meal Study Notes by Franklin

Luke 22:1 Now the Feast of Unleavened Bread, which is called the **Passover**, was approaching.

The **Passover Meal** was an annual celebration for **Israel** to REMEMBER the **Blood Covenant** the LORD made with them when HE delivered them out of Egypt.

Vs.15 And He said to them, "I have earnestly desired to eat this Passover with you before I suffer (to fervently set the heart on)

- Why? Why did Jesus Earnestly Desire to eat the Passover Meal with His Disciples?
- What is it about the Passover Meal that was so important to Him?

FIRST of all – Jesus knew that HE WAS THE PASSOVER LAMB

And the day had come on which the Passover lamb had to be sacrificed. Luke 22:7

The O.T. **Passover** is a **teaching type and example** of THE TRUE LAMB OF GOD JESUS CHRIST.

- **Prophesied by Abraham**: Genesis 22: Abraham said, "**God will provide** for Himself **the lamb** for the burnt offering, my son."
- **Prophesied** by Isaiah: (53:7) He was oppressed and He was afflicted, yet He did not open His mouth; like a **LAMB** that is led to slaughter, and like a sheep that is silent before its shearers, so He did not open His mouth.
- **Introduced** by John the Baptist (John 1:29) Behold, THE **LAMB of God** who takes away the sin of the world!
- Expounded by Peter: 1 Peter 1:18-19 knowing that you were not redeemed with perishable things like silver or gold from your futile way of life inherited from your forefathers, (19) but with precious blood, as of a LAMB UNBLEMISHED and SPOTLESS, the blood of Christ.

• Seen in Glory by John: Revelation 5:5-14: Behold, the Lion that is from the tribe of Judah, the Root of David, has overcome so as to open the book and its seven seals. (6) And I saw between the throne (with the four living creatures) and the elders a LAMB standing, as if slain, . . . (7) And He came and took the book out of the right hand of Him who sat on the throne. (8) When He had taken the book, the four living creatures and the twenty-four elders fell down before THE LAMB, each one holding a harp and golden bowls full of incense, which are the prayers of the saints. (9) And they sang a new song, saying, "Worthy are You to take the book and to break its seals; for You were slain, and purchased for God with Your **blood** men from every tribe and tongue and people and nation. (10) You have made them to be a kingdom and priests to our God; and they will reign upon the earth. (11) Then I looked, and I heard the voice of many angels around the throne and the living creatures and the elders; and the number of them was myriads of myriads, and thousands of thousands, (12) saying with a loud voice, "Worthy is THE LAMB that was slain to receive power and riches and wisdom and might and honor and glory and blessing." (13) And every created thing which is in heaven and on the earth and under the earth and on the sea, and all things in them, I heard saying, "To Him who sits on the throne, and to THE LAMB, be blessing and honor and glory and dominion forever and ever." (14) And the four living creatures kept saying, "Amen." And the elders fell down and worshiped.

Let us look back at a few important points when the Passover was initiated.

Exodus 12:1-2 Now the LORD said to Moses and Aaron in the land of Egypt, (2) "This month shall be the **beginning of months for you**; it is to be the first month of the year to you."

- This is how important it was! Everything began at this point.
- Your Passover when you first Received THE LAMB OF GOD, JESUS CHRIST was the **beginning of months** for you also. It was the first time you were made **ALIVE!** Until that time you were **dead**.

Ephesians 2:1-5 And you were **dead** in your trespasses and sins, . . (4) But God, being rich in mercy, because of His great love with which He loved us, (5) . . . made us **alive** together with Christ (by grace you have been saved)

Exodus 12:3 "Speak to all the congregation of Israel, . . . **each one is to take a lamb** for themselves, according to their **fathers'** households, **a lamb for each household**.

- "Each one is to take the Lamb." Just because our parents have "taken the Lamb" is not sufficient for salvation.
- a lamb for each household Our Heavenly FATHER gave THE LAMB for His household. A Family Event.

Exodus 12:21-22 Then Moses called for all **the elders** of Israel and **said to them**, "Go and **take for yourselves lambs according to your families**, and slay the Passover *lamb.* ²² **You shall** . . . **apply the blood** to the lintel and the two doorposts . . .

• Our Heavenly FATHER gave THE LAMB for **His household** and **HE applies the blood** upon every person when they believe.

Exodus 12:6 . . . the **whole assembly** of the congregation of Israel is to kill it at twilight.

• Everyone is involved in HIS Death. And we are all to observe and understand the cost and the price paid for our Redemption.

Exodus 12:13 The **blood** shall be a **sign** for you on the **houses** where you Live and **when I see the blood I will pass over you**, and **no plague** will befall you to destroy you **when I** strike the land of Egypt.

- The LORD is looking for the BLOOD. The LORD is looking for those who knowing their need for forgiveness and salvation have RECEIVED the sacrificial LAMB and HIS BLOOD poured out for them.
- And vs.23 when I see the blood I will pass over you (literally: hover over) and will not allow the destroyer to come in to your houses to smite you.

THANK YOU FATHER ! THANK YOU JESUS !

This is also brought out by David in **Psalm 91:1-4** He who **dwells** in the shelter of the Most High will **abide** under the shadow of the Almighty. (2) I will say to the LORD, "My refuge and my fortress, my God, in whom I trust!" (3) For it is **He** who **delivers** you from the snare of the trapper and from the **deadly pestilence**. (4) **He** will **cover you** with His feathers, and **under His wings** you may seek refuge; HIS **faithfulness** is a shield and protection. See also: Deuteronomy 32:11

- For this kind of protection you MUST *dwell*, *abide*, *under His wings*.
- To disobey is to walk out from under His covering!

Continuing with Luke 22:16 I say to you, I shall never again eat it until it is fulfilled in the Kingdom of God. (17) And when He had taken a cup and given thanks, He said, Take this and share it among yourselves; (18) for I say to you, I will not drink of the fruit of the vine from now on until the Kingdom of God comes.

- The LORD JESUS is now earnestly looking forward to the day when This gospel of the Kingdom will be preached in all the world as a witness to all nations (ethnic groups), and then the end will come (Mt.24:14).
- **HE is waiting on us** to finish our work, our commission (Hebrews 10:11-17) and then we will recline at the table with HIM, and share this Covenant Meal together, in the Kingdom of God.

And that supper will be called: THE MARRIAGE SUPPER OF THE LAMB

Revelation 19:7-9 Let us rejoice and be glad and give the glory to Him, for the marriage of the Lamb has come and His bride has made herself ready. It (responsibility) was given to her to clothe herself in fine linen, bright and clean; for the fine linen is the righteous acts of the saints. Then he said to me, Write, Blessed are those who are invited to the marriage supper of the Lamb. And He said to me, "These are true words of God."

Luke 22:19 And when He had taken some bread and given thanks, He broke it and gave it to them, saying, This is My body which is given for you; do this in remembrance of Me.

For Their Culture, The Breaking of Bread is a COVENANT meal:

This is the 2nd Reason that Jesus earnestly desired to eat this Passover with His Disciples before He suffered. And why He earnestly desires to eat it with us in His Kingdom. When All of His Family are there.

In numerous instances in Biblical history & secular, when parties entered into **an agreement**, they then **shared a meal** together.

This COVENANT MEAL **sealed** their peaceful relationship with responsibilities to one another.

• In Genesis 31:43-55 Jacob & Laban provide us with an example of a covenant meal which brings **peace** between two opposing parties.

I was in a shop in the Old City of Jerusalem visiting with the Muslim owner and telling him how much I liked their bread. He sent his son to purchase bread and gave to me. I was very grateful and offered bread to him which he adamantly refused. I later learned that in no way would he break bread and establish a covenant of peace with one he considered to be an infidel.

The people of the Middle East understand far better than we do the binding covenant of "breaking bread" together.

See: Genesis 14:18-20 Melchizedek/Abram 43:32 Joseph's Family/ Egyptians

Derek Prince tells of a true event that happened in the year **1948** when the nation of Israel came into being and the war broke out between the Muslims surrounding Israel and the Jewish people.

(This true account can be found in the book "O, Jerusalem" Chapter 29.)

A Jewish kibbutz was attacked by the military force of **Jordan**, and was overwhelmed and virtually destroyed. Just a handful of Jewish persons were taken prisoner. One of them was a young Jewish woman named Eliza. The Muslim soldiers set about to rape her. They were just beginning to tear her clothes off when an amazing thing happened. An Arab officer walked up, shot the two soldiers dead, then pulled a piece of bread out of his pocket, gave it to this Jewish woman and said, "Eat this." When she'd eaten the bread, he said, "*Now you're under my protection. No one will touch you*."

WHY? She had eaten his bread which established a visible covenant relationship with her. And even in the passions of war and lust, those Muslim soldiers respected that covenant relationship between their officer and this young Jewish woman.

Once **bread had been broken** between the officer and the woman, they were all obligated by that sacred covenant:

They **understood** what it meant.

- NOT to HARM or ABUSE her
- But to PROTECT her and RESPECT the relationship established by the breaking of bread.
- We must also understand and be LOYAL to THE LAMB, JESUS CHRIST, and to One Another.

What does the covenant meal mean in terms of OUR relationship to one another?

• COMMITMENT – to one another's success & prosperity

Philippians 2:3-4 Regard **one another** as **more important than yourself**. . . do not just look out for your own personal interests, but also for the interests of others.

- LOYALTY regardless of circumstance or feelings, issues or hurts
- PROTECTION, or to DEFEND from any kind of attack
- To DO NO HARM to one another, physically or verbal
- PROVIDE for One Another. The early church understood the covenant commitment of the "breaking of bread." Acts 2:41-47; 4:32-5:11

All because of the Meal Covenant // Breaking of Bread & Communion

We **MUST NOT** take our covenant relationships lightly:

- o Our covenant with the LORD
- o our covenant with one another
 Malachi 2:10 Do we not all have one father? Has not one God created us? Why do we deal treacherously each against his brother so as to profane the covenant of our fathers?
- o our marriage covenant

Malachi 2:14-16 The LORD has been a witness between you and the wife of your youth, against whom you have dealt treacherously, though she is your companion and **your wife by covenant**. Take heed then to your spirit, and let no one deal treacherously against the wife of your youth. For I hate divorce, says the LORD, the God of Israel

- Jesus, broke the Bread HE established this Covenant with us. – He gave His body to be broken. John 10:18 No one takes My Life from Me, I lay it down of Myself.
- this is My body. When we brake or take a piece of the bread:
- We are confessing: "It was my sin that caused His body to be broken."
- We are remembering & confirming our **covenant** with HIM.
- Many who touched HIM were healed. The bread we take will touch every cell in our body bringing STRENGTH, LIFE and HEALING.

John 6:35 Jesus said to them, I am the bread of life; he who comes to Me will not hunger, and he who **believes** in Me will never thirst. > A Covenant Promise John 6:51 I am the living bread that came down out of heaven; if anyone eats of this bread, he will live forever (Covenant Promise) and the bread which I will give for the life of the world is My flesh.

Luke 22:20 And in the same way He took the cup after they had eaten, saying, This cup which is poured out for you is the NEW COVENANT in MY BLOOD.

For Believers, Jesus REPLACED the Passover Meal of the Old Covenant with the NEW COVENANT Communion meal. HE replaced the blood of the lambs, with HIS OWN BLOOD.

A BLOOD COVENANT is far more comprehensive than the Bread Covenant. The following is also true for the Marriage Covenant. Malachi 2:14 your wife and companion, and your wife by covenant. By the LORD's design a membrane is broken and blood is shed in the first marriage act.

• The members of a blood covenant become <u>ONE</u>. Family. One Blood.

Romans 12:5 We, who are many, are **one body** in Christ, and individually **members one of another**.

Ephesians 3:14-15 I bow my knees before **The FATHER**, from whom **His whole FAMILY** in heaven and on earth **derives its name**.

Hebrews 2:11-12 For both He who sanctifies and those who are sanctified are all from ONE FATHER; for which reason He is not ashamed to call them brethren

What happens to ONE, applies to the other also.

His Death was Our death: (Romans 6:23; 2Cor.5:21)

2 Corinthians 5:14 . . . ONE died for all, therefore ALL DIED

Galatians 2:20 I have been crucified with Christ and it is no longer I who live, but Christ lives in me The two are ONE!

Colossians 3:3-4 For you have died and your life is hidden with Christ in God. ⁴ When Christ, who is our life, is revealed, then you also will be revealed with Him in glory.

His Resurrection was our resurrection: John 14:19 ... because I live, you will live also.

> Colossians 2:12-13 having been buried with Him you were also raised up with Him He made you alive together with Him, having forgiven us all our transgressions

Ephesians 2:4-7 God, . . . made us alive together with Christ and raised us up with Him, and seated us with Him in the heavenly in Christ Jesus

Because we are "IN HIM," "ONE with HIM" it is a: FINISHED, COMPLETED WORK.

• What belongs to one – is also owned by the other.

Romans 8: 16-17 The Spirit Himself testifies with our spirit that we are children of God, ¹⁷ and if children, HEIRS also, HEIRS OF GOD and fellow HEIRS WITH CHRIST

• It is a faithful, enduring, ever-lasting, eternal covenant.

Hebrews 9:12 . . . through HIS OWN BLOOD, He entered the holy place once FOR ALL, having obtained ETERNAL REDEMPTION.

Hebrews 9:15 He is the mediator of a NEW COVENANT, so that, since a death has taken place for the redemption of the transgressions that were committed under the first covenant, those who have been called may receive the promise of the ETERNAL INHERITANCE.

The Marriage Covenant also is a faithful, enduring, ever-lasting, covenant of ONENESS.

The Marriage Covenant: **The Two are One** Ephesians 5:25, 28-31

Matthew 19:6 So they are no longer two, but one flesh. What therefore God has joined together, let no man separate.

WE ARE ALL ONE.

1 Corinthians 10:16-17 Is not the cup of blessing which we bless a **sharing in the blood of Christ**? Is not the bread which we break a **sharing in the body of Christ**? ¹⁷ Since there is one bread, **we who are many are ONE body**; for we all partake of the one bread.

The Prayer of JESUS:

John 17:20-23 I ask . . . ²¹ that they may all be ONE; even as You, Father, are in Me and I in You, that they also may be in Us, so that the world may believe that You sent Me. ²² The glory which You have given Me I have given to them, that they may be ONE, just as We are ONE; ²³ I in them and You in Me, that they may be perfected in unity, so that the world may know that You sent Me, and loved them, even as You have loved Me.

The Prayer of JESUS was answered and fulfilled in The NEW COVENANT in HIS BLOOD.

(19) Do this in **REMEMBRANCE** of **Me** The **COVENANT MEAL** is focused on **remembering the redemptive work of Jesus Christ and the Blood Covenant we have entered into with HIM**.

HIS Blood JUSTIFIED us:

Romans 5:9 having now been justified by His blood, we shall be saved from the wrath of God through Him

HIS Blood REDEEMED us

Hebrews 9:12 . . . through **His own Blood**, He entered the holy place once for all, having obtained **ETERNAL REDEMPTION**.

HIS Blood has FORGIVEN us:

Hebrews 10:17-19 And their sins and their lawless deeds I will remember no more. Now there is forgiveness . . . by the BLOOD of JESUS

HIS Blood Cleanses us

1 John 1: the BLOOD of Jesus His Son cleanses us from all sin.

• HIS Blood has Reconciled us:

Colossians 1:22 HE has now reconciled you in His fleshly body through death, in order to present you before Him holy and blameless and beyond reproach

• The Blood of Jesus Christ Sanctifies or makes us Holy Hebrews 13:12 Therefore Jesus also, that He might **sanctify** the people **through His own blood**, suffered outside the gate.

All Because of The BLOOD of The LAMB of God JESUS CHRIST And HIS Covenant with us.

Before coming to partake of the Bread (that represents His body) & Fruit of the vine (that represents HIS BLOOD) . . . give thought to . . . meditate on it's meaning . . . HIS Commitment to You . . . and Your Commitments of Loyalty to HIM, & to one another.

If we are NOT at PEACE or UNITY with the LORD or with ONE ANOTHER (our wife), we have offended our covenant.

- We allow and bring PROBLEMS into our life (allow the enemy in)
- And possibly with SERIOUS CONSEQUENCES!!

This is brought out by PAUL in his writing to a worldly church:

1 Corinthians 3:1-4 Brothers, I could not address you as spiritual but as **worldly**, mere infants in Christ. (2) I gave you milk, not solid food, for you were not yet ready for it. Indeed, you are still not ready. (3) You are still **worldly**. For since there is **jealousy** and **quarreling** among you

 They were not in unity, oneness. James 3:16 For where you have envy and selfish ambition, there you find disorder and every evil practice.

In 1 Corinthians 10 Paul **compares** the results of Israel's experience after the PASSOVER BLOOD COVENANT - WHICH THEY DISHONORED - with our NEW COVENANT, **warning us of its consequences**.

1 Corinthians 10 For I do not want you to be unaware, brethren, that our fathers were all under the cloud and all passed through the sea; (2) and all were baptized into Moses in the cloud and in the sea; (3) and all **ate** the same spiritual food; (4) and all **drank** the same spiritual drink, for they were drinking from a spiritual rock which followed them; and the rock was

Christ. (5) Nevertheless, with most of them God **was not well-pleased**; for they were laid low in the wilderness.

(6) Now these things happened as EXAMPLES FOR US, so that we would not crave evil things as they also craved. (Numbers 11 Complaining about the manna and crying for the food they had in Egypt)

(7) Do not be **idolaters**, as some of them were; as it is written, "The people sat down to eat and drink, and stood up to play" (Exodus 32:4, 6)

(8) Nor let us act **immorally**, as some of them did, and **twenty-three thousand fell** in one day. (an example for us - God was not well pleased)

(9) Nor let us **try** the Lord, as some of them did, and were **destroyed** by the serpents. (Numbers 21) (an example for us - God was not well pleased)

(10) Nor **grumble**, as some of them did, and were **destroyed** by the destroyer (Num. 16:41;17:5,10)

an example for us - God was not well pleased

- These sins were "*unto death*," a PHYSICAL DEATH, **NOT** ETERNAL DEATH, as they were in the Blood Covenant of the LAMB.
- They were **not rejected**, only "*not well pleasing*" to the LORD.

(11) Now these things happened to them as an example, and they were written for our instruction, upon whom the ends of the ages have come.
(16) Is not the cup of blessing which we bless a sharing in the blood of Christ? Is not the bread which we break a sharing in the body of Christ? (17) Since there is one bread, we who are many are one body; for we all partake of the one bread. (18) Look at the nation Israel; are not those who eat the sacrifices sharers in the altar?

• Through eating this bread and drinking of the cup we share in the altar, the sacrifice, the death and resurrection of JESUS CHRIST.

Paul continues with this subject in the next chapter.

1 Corinthians 11:23–30 New Living Translation

For this is what the Lord himself said, and I pass it on to you just as I received it. On the night when he was betrayed, the Lord Jesus took a loaf of **bread**, (24) and when he had given thanks, he broke it and said, This is my body, which is given for you. Do this in remembrance of me. (25) In the same way, he took the cup of wine after supper, saying, this cup is the **new**

covenant between God and **you**, sealed by the shedding of My **blood**. Do this in remembrance of me as often as you drink it. (26) For every time you eat this bread and drink this cup, you are announcing the Lord's death until he comes again.

Next Paul brings out the consequences and seriousness of the Covenant: (27) So **if anyone** eats this bread or drinks this cup of the Lord **unworthily**, that person is guilty of sinning against **the body** (we are HIS body) **AND** the **blood of the Lord** (the covenant). (28) **That is why you should examine yourself before eating the bread and drinking from the cup**. (29) For if you eat the bread or drink the cup unworthily (without oneness & unity), not **honoring the body** of Christ (each other), you are eating and drinking **judgment** upon yourself. (30) That is why many are **weak** and **sick** and some have even **died***.

- Other translations say "*a number sleep*," meaning a number have died untimely deaths. A very solemn picture of what this covenant meal is. (for sleep meaning dead see: John 11:11-14; 1 Corinthians 15:51)
- There are several reasons for weakness, sickness and death but this is a very important one, and can be avoided.

Those Muslim soldiers had, in many ways, a more clear understanding of what it means to "break bread" than many professing Christians today.

- It is a **memorial** of the covenant that Jesus initiated.
- It is a **reminder** of our covenant obligations **to Him** but also to **one another**.
- And Paul reminds us that we should judge or discern the body rightly. Meaning we are to discern that our brothers and sisters are members of the same body, we are one - unity. We ARE in Covenant TOGETHER
- That means from the moment we enter into this relationship and renew it by the partaking of this covenant meal, we are committed to be loyal to one another. In our marriage covenant also.
- Just like those soldiers, in spite of their own personal feelings, they
 had to respect the Jewish woman because their officer had broken
 bread with her, so regardless of our personal attitudes or emotions
 or feelings, WHEN WE BREAK BREAD WHEN WE TAKE THE
 COVENANT MEAL WE ARE OBLIGATED BY THAT VERY ACT TO BE
 LOYAL TO ONE ANOTHER (protect, cover, provide).
- ALSO IN THE MARRIAGE COVENANT.

John 13:18 I do not speak of all of you. I know the ones I have chosen; but that the Scripture may be fulfilled, '*HE WHO EATS MY BREAD HAS LIFTED UP HIS HEEL AGAINST ME*.'

- Jesus was referring to the prophecy of Psalm 41:9 Even my close friend in whom I trusted (was at peace with), who ate my bread (covenant of peace), has lifted up his heel against me.
- Pointing the bottom of your foot toward another is an act of **contempt** and **rejection** in the cultures of the Middle East, Asia & Judaism.
- Jamieson, Fausset, and Brown in their Commentary, along with many other theologians, hold that **Judas** partook of the Lord's Supper, which is a "Bread Covenant" and beyond that, a "Blood Covenant."

Judas was NEVER A TRUE BELIEVER
 John 6:70-71 Jesus answered them, Did I Myself not choose you, the twelve, and one of you is a devil? ⁷¹ Now He meant Judas of Simon Iscariot, for he, one of the twelve, was going to betray Him.

John 17:12 While I was with them, I was keeping them in Your name which You have given Me; and I guarded them and **not one of them perished but the son of perdition**, so that the Scripture would be fulfilled.

- We must not eat bread with one another and then "*lift up our heel*" against them by slander / lying / gossip / or by any unkind or hurtful act. We are in Covenant together. We MUST NOT act like Judas.
- Paul says there are just **two alternatives** when we take the covenant meal.

(1) If we take it in **right relationships** it will bring us **blessing** and **health**. Please see **Psalm 133**

(2) **But** if our **relationships are broken** it will bring us difficulties, possibly sickness, and in some extreme cases, death.

That is a very solemn thought. But then, covenant relationships are a very solemn and serious commitment.

May the LORD help us to **NOT** take our covenant relationships lightly:

Our covenant with the LORD / with one another / our marriage covenant

See: Luke 22:14-22

1 Corinthians 11:31 But if **we examine ourselves**, we **will not** be examined by God and judged in this way.

• 1 John 1:9 If we confess our sins, He is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness.

(32) But when we are judged and disciplined by the LORD, WE WILL NOT BE CONDEMNED WITH THE WORLD.

• That is, we **WILL NOT** lose the ETERNAL SALVATION given to us freely by the LORD. We may offend our side of the covenant but HE IS FAITHFUL.

DISCIPLINE, YES. REJECTION, NO!

But there are serious consequences when we disobey the LORD and DO NOT HONOR the body.

Consider the following:

- Matthew 5:23-25 Therefore if you are presenting your offering at the altar, and there remember that your brother has something against you, leave your offering there before the altar and go; first be reconciled to your brother, and then come and present your offering.
- Matthew 18:32-35 You wicked slave, I forgave you all that debt because you pleaded with me. ³³Should you not also have had mercy on your fellow slave, in the same way that I had mercy on you? And his lord, moved with anger, handed him over to the tormentors until he should repay all that was owed him. My heavenly Father will also do the same to you, if each of you does not forgive his brother from your heart.
- Ephesians 4:26-27 do not let the sun go down on your **anger**, and **do not give the devil an opportunity**.
- James 5:9 Do not complain, brethren, against one another, so that you yourselves may not be judged; behold, the Judge is standing right at the door.
- James 4:11 **Do not speak against one another**. . . **or judge** your brother, (12) There is only one Lawgiver and Judge . . . who are you who judge your neighbor?

• 1 Peter 5:8-9 Your adversary, the devil, prowls around like a roaring lion, **seeking someone to devour**. (written to believers)

Let us EXAMINE ourselves – allow OUR CONSCIENCE, allow the HOLY SPIRIT to bring to mind anyone we need to forgive, or anyone we have offended.

- If HE does bring someone to mind that you have anger or resentment toward make a decision right now to forgive them regardless of the **hurt**, regardless of our personal **attitudes** or **emotions** or **feelings**.
- Pray and tell the LORD **you forgive them**, and ask the HOLY SPIRIT to make it real in your heart and mind.
- If no one, or nothing comes to mind be at peace

God has made a covenant with us, an agreement of peace, a covenant based on His goodness, not on our worthiness.

As we eat the bread, depicting oneness in Christ and drink the cup, portraying the forgiving grace of God, let us praise God joyfully for reconciling us all to Himself in Christ and to one another.

Hebrews 13:20-23 Now the God of peace, who brought up from the dead the **Great Shepherd** of the sheep through **the blood of the eternal covenant**, Jesus our Lord, ²¹ equip you in every good thing to do His will, working in us that which is pleasing in His sight, through Jesus Christ, to whom *be* the Glory forever and ever. Amen.