



FOUNDATIONS

— SESSION 4 —



COMMUNION

More Than A Cup

“ For as often as ye eat this bread, and drink this cup,
ye do shew the Lord’s death till he come. ”

1 Corinthians 11:26 (KJV)



BIG IDEA

Communion is not a ritual;
it is a covenant reminder.



MAJOR REVELATION

Most believers remember Calvary.
Few understand covenant.



WHY THIS LESSON MATTERS

For many churches, Communion is a familiar practice. The bread is passed. The cup is distributed. The pastor reads a few verses. Everyone participates. Then the service moves on.

Yet one of the greatest dangers in the Christian life is becoming familiar with something sacred.

When something becomes familiar, we stop appreciating its significance. We know what to do, but we forget why we do it.

Communion was never intended to be an empty ritual. It was designed by Jesus Himself as a sacred reminder of a covenant relationship.

EVERY TIME WE RECEIVE COMMUNION, WE DECLARE:



I remember what Christ has done.



I believe what Christ accomplished.



I receive what Christ purchased.



I belong to His covenant and His will.



Today we will discover that Communion is much more than a piece of bread and a small cup. It is a covenant encounter with the God who redeemed us.

PART ONE

UNDERSTANDING COVENANT

Before we can understand Communion, we must understand covenant.

A covenant is more than a contract.



WHAT IS A COVENANT?



A CONTRACT

protects
interests.

Contracts say:

"What can I get?"



A COVENANT

establishes
relationship.

Covenants say:

"What can I give?"

Throughout Scripture, God relates to His people through covenant.

The Bible is actually the story of God's covenant relationship with humanity.

GOD'S COVENANT STORY



ADAM

In the Garden, God established relationship with mankind. Adam enjoyed fellowship, provision, identity, and purpose. Sin broke that fellowship. But even after the Fall, God immediately began revealing His plan for restoration.



ABRAHAM

God promised Abraham: "I will be your God, and you will be My people." God's covenant included blessing, promise, relationship, and future generations.



MOSES

Through Moses, God established covenant with Israel. The Law revealed God's holiness. Sacrifices temporarily covered sin. Yet every sacrifice pointed toward a greater sacrifice still to come.



JESUS

Everything in the Old Testament was pointing toward Christ. Every lamb. Every altar. Every sacrifice. Every covenant. All of it pointed toward Jesus.



NEW COVENANT

On the night before the Cross, Jesus took bread and a cup and declared: "This cup is the new testament [covenant] in my blood." (Luke 22:20)

The New Covenant had arrived. No longer would animal sacrifices be needed. The Lamb of God had come.



FOUNDATION TRUTH

Neither the bread nor the cup was accidental. Everything was intentional. Jesus took ordinary elements and gave them extraordinary meaning.

EVERY COMMUNION ACCOMPLISHES



REMEMBRANCE

Jesus said, "Do this in remembrance of Me." Communion helps us remember what we should never forget—the Cross, the sacrifice, the love of God.



EXAMINATION

Communion invites us to examine our hearts. Not to condemn ourselves, but to align ourselves with God. It is a moment of reflection and repentance.



THANKSGIVING

The word Eucharist means thanksgiving. Communion reminds us to celebrate grace. Every cup says, "Thank You." Every piece of bread says, "Thank You."



STRENGTHENING FAITH

Communion reminds us that God's promises remain true. It strengthens our confidence in Christ and refocuses our hearts on what He accomplished.

POWERFUL QUESTION

What if Communion is not simply remembering what Christ did? What if Communion is also receiving what Christ purchased? What if every time we approach the table, we are reminded:

- ✓ We are forgiven.
- ✓ We are accepted.
- ✓ We are redeemed.
- ✓ We belong to God.

Communion becomes more than memory. It becomes affirmation.



FOUNDATION VERSE

"For as often as ye eat this bread, and drink this cup, ye do shew the Lord's death till he come."

1 Corinthians 11:26 (KJV)



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PART TWO

THE BREAD & THE CUP

Every Element. Every Meaning. Every Promise.

THE BREAD SPEAKS

The bread represents His body.

Luke 22:19

"This is my body
which is given for you."



1. THE BREAD SPEAKS OF SACRIFICE

The nails. The scourging. The crown of thorns. The suffering. His body absorbed what should have fallen upon us. He willingly gave Himself so we could be made whole.



2. THE BREAD SPEAKS OF PROVISION

Throughout Scripture, bread represents provision. God provided manna in the wilderness. Jesus called Himself:
"I am the Bread of Life."
The bread reminds us that Christ is our source.



3. THE BREAD SPEAKS OF HEALING

Isaiah declares:
"By His stripes we are healed."
The broken body of Christ reminds us that healing—spiritually, emotionally, and physically—flows from His redemptive work. Jesus did not merely save our souls. He touched every area of our lives.

THE CUP SPEAKS

The cup represents His blood.

Luke 22:20

"This cup is the new covenant
in my blood."



1. THE CUP SPEAKS OF FORGIVENESS

Sin creates a debt. Jesus paid that debt. His blood purchased forgiveness once and for all. No more sacrifices. No more repeated offerings. The price was paid in full.



2. THE CUP SPEAKS OF RECONCILIATION

Because of His blood:

- ✓ The guilty become forgiven.
- ✓ The distant become near.
- ✓ The lost become found.
- ✓ The orphan becomes family.

The blood removes every barrier between us and God.



3. THE CUP SPEAKS OF A NEW COVENANT

The old covenant depended upon continual sacrifice. The new covenant rests upon the finished work of Christ. His blood secured what our efforts never could. Because of Jesus, we now have access to God.

“Every lamb. Every altar. Every sacrifice. Every covenant.
ALL OF IT POINTED TOWARD JESUS.

The New Covenant has arrived.
No longer would animal sacrifices be needed.
The Lamb of God has come.



RECEIVING THE COVENANT



DISCERNING THE BODY

1 Corinthians 11:29

“For he that eateth and drinketh unworthily, eateth and drinketh damnation to himself, not discerning the Lord's body.”

Paul's concern was not perfection.
His concern was reverence.
The Corinthians had made something sacred common.
They treated Communion casually.
They forgot what it represented.

TO DISCERN THE BODY MEANS TO:

- RECOGNIZE THE SIGNIFICANCE
- HONOR THE SACRIFICE
- APPROACH WITH GRATITUDE
- EXAMINE YOUR HEART

COMMUNION ACCOMPLISHES FOUR POWERFUL THINGS



1. REMEMBRANCE

Jesus said, “Do this in remembrance of Me.”
Communion helps us remember what we should never forget—the Cross, the sacrifice, the love of God.



2. EXAMINATION

Communion invites us to examine our hearts.
Not to condemn ourselves, but to align ourselves with God.
It is a moment of reflection and repentance.



3. THANKSGIVING

The word Eucharist means thanksgiving.
Communion reminds us to celebrate grace.
Every cup says, “Thank You.”
Every piece of bread says, “Thank You.”



4. STRENGTHENING FAITH

Communion reminds us that God's promises remain true.
It strengthens confidence in Christ.
It refocuses our attention on what Jesus accomplished.



COMMUNION IS NOT ABOUT BEING WORTHY.

It is about recognizing the One who is worthy.

POWERFUL QUESTION

What if Communion is not simply remembering what Christ did?
What if Communion is also receiving what Christ purchased?
What if every time we approach the table, we are reminded:

- ✓ We are forgiven.
- ✓ We are redeemed.
- ✓ We are accepted.
- ✓ We belong to God.

COMMUNION BECOMES MORE THAN MEMORY.

It becomes affirmation.



DISCUSSION QUESTIONS

- How would you define covenant?
- Why do you think Jesus chose bread and cup?
- What does it mean to discern the body?
- Which benefit of Communion speaks most deeply to you?



WEEKLY CHALLENGE

Spend time this week reading the Passion narratives in the Gospels.

As you read, write down five things Christ purchased for you through His sacrifice.

Thank Him for each one.

COMMUNION STILL MATTERS TODAY

In a culture that forgets quickly, Communion helps us remember faithfully.

- The bread and cup preach Christ.
- Without preaching a sermon.
- Without singing a song.
- Without saying a word.

They proclaim:

- ✝ Death.
- ✝ Burial.
- ✝ Sacrifice.
- ✝ Forgiveness.
- ✝ Redemption.
- ✝ Victory.

Every Communion service becomes a declaration that Jesus Christ is still Lord.



MEMORY VERSE

1 Corinthians 11:26

“For as often as ye eat this bread, and drink this cup, ye do shew the Lord's death till he come.”



THE BLOOD STILL SPEAKS. THE COVENANT STILL STANDS. THE INVITATION REMAINS OPEN.

So when you take the bread, remember. When you take the cup, remember. But do more than remember... RECEIVE.



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PART FOUR

THE POWER OF COMMUNION

Remembering. Receiving. Responding.

Communion is far more than a tradition. It is a covenant encounter that changes how we live every day.



REMEMBRANCE

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Communion helps us remember what we should never forget—the Cross, the sacrifice, the love of God.



EXAMINATION

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COMMUNION BECOMES MORE THAN MEMORY.

It becomes affirmation.

COMMUNION STILL MATTERS TODAY

In a culture that forgets quickly, Communion helps us remember faithfully.

Every time we take the bread and cup, we proclaim the Gospel—without preaching a sermon, without singing a song, without saying a word.

THE BREAD AND CUP PREACH CHRIST.



DISCUSSION QUESTIONS

1. How would you define covenant?
2. Why do you think Jesus chose bread and cup?
3. What does it mean to discern the body?
4. Which benefit of Communion speaks most deeply to you?



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jackson
revival center church

THE INVITATION REMAINS OPEN

Imagine standing at the foot of the Cross.
The sky grows dark. The earth trembles.
The Son of God hangs between Heaven and Earth.
Every drop of blood. Every wound. Every stripe. Every nail.
Every moment of suffering. It was all for you.

Now imagine Jesus inviting you to His table.
Not because you earned a seat.
Not because you deserve a seat.
Not because you have been perfect.
But because He made a place for you.

Every time we receive Communion,
Heaven reminds us:

- ✓ You have not been forgotten.
- ✓ You have not been abandoned.
- ✓ You have not been rejected.
- ✓ The blood still speaks.
- ✓ The covenant still stands.
- ✓ The Cross still saves.
- ✓ And the invitation remains open.

WHEN YOU TAKE THE BREAD, REMEMBER.

WHEN YOU TAKE THE CUP, REMEMBER.

*But do more than remember...
Receive.*



Receive
His grace.



Receive
His forgiveness.



Receive
His peace.



Receive
His promises.



Receive
His covenant.

Because Communion is more than a cup.
It is a reminder that the covenant-making, covenant-keeping
God has bound Himself to His people through the blood of Jesus Christ.
And because His covenant is secure, your hope is secure.

THE BREAD MAY BE SMALL. THE CUP MAY BE SMALL.
BUT WHAT THEY REPRESENT IS IMMEASURABLE.

And every time we come to the table, we declare:

JESUS PAID IT ALL. ALL TO HIM I OWE.
MY PAST IS FORGIVEN. MY FUTURE IS SECURE.
AND MY LIFE BELONGS TO HIM.

THE BLOOD STILL SPEAKS. THE COVENANT STILL STANDS.

The invitation remains open.

COMMUNION

More Than A Cup



The bread reminds us what He gave.

The cup reminds us what He paid.

The covenant reminds us what we now possess.



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"What Every Believer Should Know"