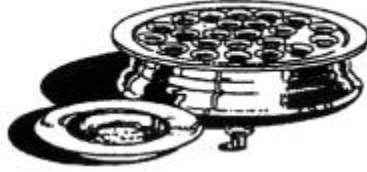


## ***Thoughts On The Lord's Supper***

The Lord's Supper involves both the physical and mental aspects of a person. Physically, we eat and drink the Lord's Supper. Mentally, we must "discern," and "remember" during the Lord's Supper.



### *Our Minds Should Be Focused:*

**BACKWARD:** "*in remembrance of me*" (1 Cor. 11:25). Calvary, the cross, the death, the suffering are part of the backward thoughts.

**INWARD:** "*let a man examine himself*" (1 Cor. 11:28). Thoughts of our own life, and what the death of Jesus has done for us are the reflective things we should think about.

**UPWARD:** "*when he had given thanks*" (1 Cor. 11:24). Prayer and the Lord's Supper go together. Thanksgiving for salvation is important.

**OUTWARD:** "*show the Lord's death*" (1 Cor. 11:26). Eating the Lord's Supper is a proclamation to others that I believe in the death, burial and resurrection of Jesus Christ for my sins.

**FORWARD:** "*till He come*" (1 Cor. 11:26). The Lord's Supper brings thoughts of hope for the coming of Jesus and the glorious home of heaven.

Roger Shouse

