



Why Sunday? Why Do We Do Communion?

1 Corinthians 11:23–26

Big Idea

Communion helps us remember what Jesus has done, announce the Gospel, and live with hope for His return.

Context: From Passover to Communion

Communion finds its roots in the Jewish Passover meal, when God's people remembered how He rescued Israel from slavery in Egypt. At the Last Supper, Jesus took the Passover meal and made Himself the center of it. The bread represented His body. The cup represented His blood and the new covenant.

Jesus was showing that He was the ultimate Passover Lamb—bringing freedom not just from slavery in Egypt, but from sin and death.

1. Communion Helps Us Remember
1 Corinthians 11:25

"Do this in remembrance of me."

Throughout Scripture, God's people are repeatedly told to remember what He has done.

When we forget God's faithfulness, we can begin to believe that everything we have is because of ourselves.

Communion reminds us:

Jesus sacrificed Himself for us.
His blood brings forgiveness and freedom.
Our salvation is because of Him, not because of us.

Remember who rescued you and what He has done.

2. Communion Helps Us Announce

1 Corinthians 11:26

"You are announcing the Lord's death until he comes again."
Communion is an enacted sermon.

As we eat the bread and drink the cup, we are proclaiming the Gospel through our actions.

We announce:

Jesus died.
Jesus rose.
Jesus is alive.
Jesus has saved us.

We announce these truths to ourselves, each other, and the world.

3. Communion Helps Us Hope

1 Corinthians 11:26. "Until he comes again."

Biblical hope isn't wishful thinking.

It is confident expectation based on God's promises.

Jesus promised that He would come again and establish His kingdom.

So Communion doesn't only point backward to the cross.

It also points forward to the day when Jesus returns and makes all things right.

We remember what Jesus has done, and we look forward to what He will do.

4. Communion Is About Unity

1 Corinthians 10:16–18

Communion is something we practice as the gathered people of God.

Though we are many, we share one bread and are one body.

Communion reminds us that:

We belong to Jesus.

We belong to one another.

We share the same Gospel.

We share the same hope.

5. Communion Is for Those Who Need Jesus

Communion isn't a reward for people who have everything figured out. It is for those who need Jesus.

It is for those who want to:

Remember His sacrifice.

Announce what He has done.

Put their hope in Him.

This isn't a table for the perfect. It's a table for those who need a Savior.

Conclusion: Come to the Table

When we take Communion, we:

Remember what Jesus has done.

Announce the Gospel.

Hope for His return.

Unite with God's people.

The details of how we practice Communion may look different from church to church, but the meaning remains.

Come to the table because Jesus invites you.

Study & Discussion

1. Why is remembering what God has done so important to our faith?
2. How is Communion an "enacted sermon"?
3. What is the difference between biblical hope and wishful thinking?
4. How does Communion remind us that we are part of the body of Christ?
5. How does knowing Jesus is coming again change the way we approach Communion?

Practice of the Week: Remember, Announce, Hope

Remember — Take time to remember what Jesus has done.

Announce — Look for an opportunity to share the hope you have in Jesus.

Hope — Remind yourself that Jesus is coming again and will make all things right.

Goal of the Week

To see Communion not as a routine ritual, but as a practice that helps us remember Jesus, proclaim the Gospel, and live with hope for His return.