

# Rhythms to Believe

While the Israelites were still in the land of Egypt, the Lord gave the following instructions to Moses and Aaron: “From now on, this month will be the first month of the year for you. This is a day to remember. Each year, from generation to generation, you must celebrate it as a special festival to the Lord. This is a law for all time.

Exodus 12:1-2, 14

## **Rhythms help us remember**

Now the Festival of Unleavened Bread arrived, when the Passover lamb is sacrificed. Jesus sent Peter and John ahead and said, “Go and prepare the Passover meal, so we can eat it together.” When the time came, Jesus and the apostles sat down together at the table. Jesus said, “I have been very eager to eat this Passover meal with you before my suffering begins. He took some bread and gave thanks to God for it. Then he broke it in pieces and gave it to the disciples, saying, “This is my body, which is given for you. Do this in remembrance of me.” After supper he took another cup of wine and said, “This cup is the new covenant between God and his people—an agreement confirmed with my blood, which is poured out as a sacrifice for you.

Luke 22:7-8, 14-15, 19-20

(sermon graphic of “Believe”)

On the night when he was betrayed, the Lord Jesus took some bread and gave thanks to God for it. Then he broke it in pieces and said, “This is my body, which is given for you. Do this in remembrance of me.” In the same way, he took the cup of wine after supper, saying, “This cup is the new covenant between God and his people—an agreement confirmed with my blood. Do this in remembrance of me as often as you drink it.” For every time you eat this bread and drink this cup, you are announcing the Lord’s death until he comes again.

1 Corinthians 11:23-26

## **The rhythm of communion helps us remember**

### **The rhythm of communion helps us reflect and repent**

Anyone who eats the bread or drinks the cup of the Master irreverently is like part of the crowd that jeered and spit on him at his death. Is that the kind of “remembrance” you want to be part of? Examine your motives, test your heart, come to this meal in holy awe. If you give no thought (or worse, don’t care) about the broken body of the Master when you eat and drink, you’re running the risk of serious consequences.

1 Corinthians 11:27-29 (The Message)

How can I know all the sins lurking in my heart?  
Cleanse me from these hidden faults.  
Keep your servant from deliberate sins!  
Don't let them control me.  
Then I will be free of guilt and innocent of great sin.  
May the words of my mouth and the meditation of my heart be pleasing to you,  
O Lord, my rock and my redeemer.  
Psalm 19:12-14

### **The rhythm of confession helps us reflect and repent**

"It is the *will* to be delivered from sin that we seek from God as we prepare to make confession."  
(Foster)

### **The rhythm of confession helps us renew**

And so, dear brothers and sisters, I plead with you to give your bodies to God because of all he has done for you. Let them be a living and holy sacrifice—the kind he will find acceptable. This is truly the way to worship him. Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect.  
Romans 12:1-2

COMMUNION