



# The Mar Thoma Church Diocese of North America & Europe Christian Education Forum

## Lenten Meditations

### DO THIS IN REMEMBRANCE OF ME

The sharing of bread and cup as an expression of union with Christ has been a universal practice of the Christian church throughout its history.

We would probably be surprised at the variety of practices, beliefs and names associated with the service.

The Lord's Supper is a **memorial meal** representing the atonement of Jesus Christ. He instituted it from the Passover meal at the last supper. It is an act demonstrating the truth of the message of the good news of Jesus.

Communion is a **symbolic meal** which speaks of our dependence on Christ for spiritual life and of our union with Christ. Jesus took the life that God had given him and he gave thanks for it and allowed it to be broken and given away.

The Lord's Supper is a unique, holy occasion for a community to sense participation of every member with Jesus in his death. Jesus' compassionate spirit comes to its fullest expression in his passion and death on the cross where he emptied himself for God and human beings in total humility. The agony and sweating of blood in the Garden show how he was overwhelmed by sorrow and loneliness and how he was struggling in the excruciating fire of pain to accept the plan of the Father which he had to realize in weakness, failure, suffering and ignominious death on the cross.

*Have you given your life to him?*

*Are you proclaiming his death and life at work?*

The Father took his only son and sent him into the world and the blessed one was broken on the cross. But through his death he gave himself to us our food, thus fulfilling the words he spoke to his disciples at the last supper – This is my Body given for you, this do in remembrance of me. We find ourselves impoverished by our lack of understanding or appreciation for the Lord's Supper. This is a proclamation, remembrance, assurance and a time of fellowship with Christ and his people.

**Prayer-** Lord Our Heavenly Father, we give thanks and enable us to partake and raise our voices to proclaim the glory of your name. Amen.

**Rev. Varghese K. Abraham, Toronto**

**“This story is your story; this table is your table; this life is your life, To be shared and to be broken”**

**1 Corinthians 11:23 - 34**