

A Word on Wednesday from Pastor Tonia

"Welcome to the Table" 3/16/22

*On the night when He was betrayed, Jesus took a loaf of bread,
and when he had given thanks, he broke it and said, "This is my body given for you.*

Do this in remembrance of me."

In the same way He took the cup, saying, "This cup is the new covenant in my blood.

Do this, as often as you drink it, in remembrance of me."

*For as often as you eat this bread and drink the cup,
you proclaim the Lord's death until He comes. (1 Cor 11:23-26)*

They say we are what we eat? This conjures up many humorous visions. But as Christ followers, we are invited to become what we eat at the Lord's table. Here we remember the death of Christ, His life given, His blood shed. We proclaim His love - as we partake of the bread and the wine. We can feel God's spirit flow through us as we renew our relationship, our faith, our belief as we eat the Lord's Supper. Here we are strengthened for the journey as we break the fast from the last time we feasted.

When one is baptized, they agreed to gather with God's faithful people and to hear the word of God and to partake of God's holy meal. We desire to do this as often as we can. We hunger for the Word of God, the lessons of love, the words of wisdom which fill us as does food. Words by which we can be encouraged, which give us hope, by which we can face life and live.

As we take the words into our spirits, we open our hands to receive the bread and the wine. Through this act we proclaim Christ's death – until He comes again. It is especially poignant to think of this meal during Lent as we follow Jesus's journey to Jerusalem. As we see Him about His Father's business. As He heals and cures, as He teaches and feeds. As He remains steadfast, never losing site of the end goal, never being tempted to give up, to take an easier path.

When Jesus arrives at the upper room, on the night before He is betrayed, He is resolute, this is why He came. We watch as Jesus feeds those who have been by His side, those who have heard Him teach, watched Him heal, raise the dead, and create from nothing. Those whom He promised to keep safe beneath His wings. Us, you and me. We who have heard the story and long to be fed with His body and blood, strengthened by the food we receive from His hands.

How can we not long to go to the table and be fed the bread and the wine. We not only vowed to do so, we crave this meal. It's more than a promise we made, it is a desire we have. To hold out our hands, open to receive the free gift of the life of Jesus the Christ.

Let us go to the House of the Lord, gather with God's faithful people, hear God's words of truth and be fed. This invitation to come and hear, to come and be fed is given to all.

As we gather close to the Lord, we find He is present, present in the gifts of Word and Sacrament. Here we are fed the Word of God and eat the bread and drink the wine so we will never be hungry, again. This is the meal which upholds us and sustains us on our journey. May we become what we eat.

Please pray with me. God of the journey, thank You for traveling with us, for guiding us, protecting us, and loving us. I agree to keep my covenant to hear the word of God and share in the Lord's supper and I pray You will help and guide me to do so. **Amen**

Blessings on your Lenten Journey I Bid You Peace