

## Series: 1<sup>st</sup> Corinthians.

**Sunday, June 7.** Read our daily sermon reflections on GCC's app (under Devotionals) or at [gardiner.church/devotions](http://gardiner.church/devotions)

### 1. A MEAL THAT P ..... CHRIST

(1 Corinthians 10:16; 11:23-29; Matthew 26:28-29;  
see also John 6:31-35; 15:1; Isaiah 53:5; Psalm 34:8)

- Every time we come to the Table, we make a declaration. We look back with gratitude — remembering that Christ's body was broken and his blood was poured out for the forgiveness of our sins. And we look forward with hope — proclaiming his death until he comes again, and anticipating that day when we share in the great feast of his kingdom. The bread and the cup are not empty symbols. They speak of a Savior who is the Bread of Life and the True Vine — crushed for our iniquities, broken for our sake. **Note:** Churches differ on how Christ is present at the Table. But all agree on what matters most: Christ died for us, and we come to this Table in faith and gratitude.
- Question to Consider: When you take the bread and the cup, what do you find yourself thinking about? What might it look like to be more intentional about both remembering the cross and anticipating Christ's return?

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### 2. A MEAL OF U .....

(1 Corinthians 10:17; 11:18-21,33)

- One loaf — one body. The Table is a visible declaration that we belong to one another in Christ. The Corinthians had turned the Lord's Supper into a meal of division and self-focus. Paul's corrective is simple: wait for each other, see each other, care for each other.
- Question to Consider: Is there anyone in the church family toward whom you need to extend grace, forgiveness, or greater care before you come to the Table?

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### 3. A MEAL THAT REQUIRES P ..... OF HEART

(1 Corinthians 11:27-32)

- This meal is not for the perfect — it is for the forgiven. But Paul calls us to honest self-examination before we partake. Is there unconfessed sin to bring to God? Is there someone to forgive or from whom to seek forgiveness? Are we approaching this moment with the reverence it deserves? The invitation is open, but it is not to be taken lightly.
- Question to Consider: What does it mean for you, personally, to "examine yourself" before coming to the Table?

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**Application For This Week:** This week, take a few quiet moments to reflect on what the Lord's Table means to you. Let it shape how you treat others in the church family, how you approach confession in your daily walk with God, and how you carry the hope of Christ's return into your everyday life. The Table is not just a Sunday ritual, it is a rhythm that calls us to live differently all week long.

**Prayer:** *Heavenly Father, thank you for the gift of your Son — his body broken and his blood poured out so that we might be forgiven and brought near to you. As we leave this Table, may we carry the proclamation of Christ's death and resurrection with us into the week ahead. Give us hearts that are honest before you, quick to forgive, and eager to serve those around us. May the unity we share at your Table be visible in how we love one another every day. We look forward to that great day when we feast with Christ in your kingdom — and until then, help us to proclaim his death faithfully, joyfully, and with hope. In Jesus' Name, Amen.*

#### Verses To Meditate On This Week:

*Is not the cup of thanksgiving for which we give thanks a participation in the blood of Christ? And is not the bread that we break a participation in the body of Christ? Because there is one loaf, we, who are many, are one body, for we all share the one loaf. — 1 Corinthians 10:16-17*

*For whenever you eat this bread and drink this cup, you proclaim the Lord's death until he comes. — 1 Corinthians 11:26*

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