

Communion is...

Communion is coming to the table with hunger and expectation to delight in a meal that satisfies my soul and strengthens my being.

Read Matthew 28:1-7

How did those who first saw the resurrection respond?

When the women approached the tomb that day, they were certainly surprised at what they found... the stone rolled away, and *“an angel whose appearance was like lightning, and his garment as white as snow sitting upon the stone.”* Can you imagine?

This is certainly not the scene they expected, but the Word tells us the angel comforted them in their fear, informed them about what had happened to Jesus, and instructed them on where to find Him.

The guards were there too though. And the Bible also describes their response as well. In verse 4 it says, *“they shook for fear of him and became like dead men.”* They obviously had never seen anything like this before!

No doubt about it, for every person interacting with the death, burial and resurrection of Jesus, it was all new to them, unexpected (even though He told them to expect it) and full of supernatural happenings they had never quite imagined or experienced before this moment. And I am sure all of the above would produce, fear, questions, grief, anxiety, excitement and more.

But it is interesting to see the two polarized responses of those first to the scene. For we see that one group fell out in fear, and the other received comfort and instruction.

As I ponder this, I just have to wonder, what would have been the posture of my own heart that morning? And more importantly what is my heart posture now? I mean, how is my heart positioned to the new things God is doing in my life today... things that don't make sense, that leave me with questions, and that have His supernatural fingerprint all over them? As I experience them, am I falling out like a dead man paralyzed in fear... or is my heart open to comfort, information and instruction.

See each morning as I come to the table with Jesus, I may find that Jesus is doing new things in my life, bringing up new conversations, new information, new miracles. In fact, I probably will... and these new things may not always make sense and they may be surrounded by questions and the touch of heaven.

The question is, how will I respond... what will I do with them?

Prayer Conversation Starter...

Jesus, it seems You are always surprising me... it seems You are always in the middle of the unexpected. Even still, help me to posture my heart before You to learn, to be amazed and to be willing to meet You in all of it! **For I know as I do, I will find some of life's greatest blessings...**

