

Communion is...

Communion is essential. Just like I drink of water throughout the day for hydration, so too I need to partake of the blood and body of Jesus often, that I may continually be watching and praying.

Read Matthew 26:36-46

As Jesus was in the garden, knowing the enemy of death was soon to attack, He told the disciples to **“Watch and pray that you may not enter into temptation...”** We know that they instead fell asleep, but what about us?

See although this direction was given directly to the disciples in that moment, there is great Truth for us as His disciples to glean as well for the enemies attacks of death that come against us today.

As I pondered Jesus’ words here, the Holy Spirit reminded me of a reality show I have watched several times. It is a physical fitness based show where couples work through goals and challenges, trying to avoid being eliminated. The determining factor for elimination is a grueling fitness competition that takes place between two couples in what is called the **Rage Cage...** which is basically a fenced in area for these oppositions to be played out. Let’s just say, no one wants to end up in the Rage Cage, because the challenges that take place inside it are grueling. So, in order to stay out of the Rage Cage, throughout the week, the couples have to be incredibly attentive to their workouts and diets and daily fitness challenges. Laziness, partial efforts, and things of that nature are not going to work if couples desire to stay out of the Rage Cage battle.

Pondering this, the Holy Spirit whispered to me, “Sharon, watch and pray and you can stay out of the Rage Cage where the grueling battles of temptation are fought.” Wow, this really spoke to me! How many times have I found myself in those moments of extreme battle between the death of sin and the LIFE that God has for me... and I didn’t have to be there? **If I would have watched and prayed, I could have kept myself out of raging battle of temptation.**

This word **“watch”** is a military term meaning to give diligent attention. And **“prayer”** is just that... seeking the Father, talking things through with Him, listening to Him, confessing our weakness, asking for His help.

Through the experience of communion, I am empowered to stay in a place of watching and praying. Communion calls me into the Gospel again and again, keeping my eyes focused and my ears attentive.

Prayer Conversation Starter...

Jesus, help me watch and pray, my spirit is willing, but my flesh is often weak. As I commune with You, empower me.

