

MARCH 20

## Communion is...

**Communion is** confidence... as I eat of this Gospel meal, I develop confidence as a child of God around His table.

## Read Matthew 26:45-46

**As we finish out this section of Scripture with emphasis upon these last two verses, we hear Jesus make a powerful statement** which then led Him into the unfolding moments of His death on our behalf. His statement was, *“Arise, let us be going.”*

**In looking back to the prior verses, we know Jesus** had certainly wrestled through His calling with His Father in prayer, and that He had experienced the deep hurt and frustration of His disciples falling asleep instead of watching and praying with Him. **We also know that as He looked forward,** He was keenly aware of the physical, emotional, mental and spiritual pain He would experience. And, He knew that in the coming hours His disciples wouldn't just fall asleep, they would fall away. But Jesus doesn't shrink back... no He declares, *“Arise, let us be going.”*

**In this statement we see Jesus didn't react to all that had already happened nor the darkness ahead... instead He rose up into the purposes of His Father, with bold determination, confident faith and surrendered trust!**

**What a powerful example for us.** As we take communion and remember His death and what it translates into our lives, we also know that we now in Christ have access to this same determination, faith and trust in our Father. **Like Jesus, we too can rise up into the hard moments of our calling with a bold declaration of “Arise, let us be going.”**

**This is a statement I have now added to my vocabulary.** And I know that I will be saying it often as I daily rise from the communion table... I hope you will too.

## Prayer Conversation Starter...

**Jesus, the days ahead** are laced with plenty that could cause me to be anxious or fearful, or to shrink back. **As I partake of Your body and blood, I am reminded** of this moment that You looked forward into a deep darkness ahead and yet You said, *“Arise let us be going.”* I pray that I would have Your determination, Your faith, Your trust, so that I may say and do the same...



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