

## Communion is...

**Communion is** experience. Jesus could have just said, “*remember me*” but He gave us an experience... to eat of His body and blood, to take Him in, ingest Him, taste Him, interact with Him and receive from Him... that our faith in Him may increase.

## Read Matthew 26:69–75

**Sometimes, if we are honest, it is hard to believe Jesus is really Who He says He is... Lord of all creation, Messiah, ruling King.** Especially when everything we can see and hear and feel are telling us otherwise. As I have pondered this section of the story, I have a new understanding of Peter’s struggle.

**As we read through the Gospels, we find that Peter, more than any other of the disciples, had come to believe that Jesus was truly the Messiah.** But after experiencing Jesus’ arrest, and then having an all night back row seat at Jesus’ unjust and violent trial before the religious leaders, Peter’s faith has spiraled to an all-time low, if it is even there at all.

**I get it.** There are times that I am watching injustice play out before my eyes and it can appear that Jesus is doing nothing. If I am honest, I have to say that as I watch it all play out in those dark moments I too can start wondering and questioning.

**So if I was in Peter’s shoes, as much as I would like to say I wouldn’t have, I may have done exactly what he did.** I hate to even think that could be true... and I hope it wouldn’t, but I know it could be.

**See in my heart, I have a strong faith** like Peter and would be prone to say, “*Even if I have to die with you Jesus, I will not deny You.*” And I pray that will be so. But I know my faith is vulnerable to struggle as the realities of life play out. And I know that is actually true for all of us.

**As we have said before, Jesus knew this would happen.** He even told Peter it would. But in preparation, just hours before, Jesus also gave Peter an experience to ground His faith, to hold him steady and to restore him with grace. **That something is communion.**

**Jesus has given the communion experience to us as well, so that we can actively remember.** For our moments of faith crisis, to remember His sacrifice and ultimate victory, so that our **faith might rise up...** and for when we still fail, to remember so that we can come to the table and **find the forgiveness and grace** we need.

## Prayer Conversation Starter...

**Jesus, I believe You are the Christ, the Son of the Living God!** I want to live in that height of faith every moment, but the reality is, sometimes I struggle. You know. As I experience communion with You, build my faith to be stronger and stronger...

