

## The Weight of the Table

### 1 Corinthians 11:17-34 (ESV)

#### Student Devotional

We live in a world that treats serious things lightly—and sacred things casually. But the Table of the Lord is different. It's not just a symbol. It's not just a ritual. It's a proclamation.

Every time we take the bread and the cup, we're saying something powerful: Jesus died for us. Jesus rose. Jesus is coming again.

This week's devotions will walk you through what the Lord's Supper really means—why it matters, how we prepare for it, and what it says to the world when we come to the Table together.

Let's rediscover the weight of the Table—so we never treat it like a snack or a habit again.

### Day 1: When Sacred Things Become Casual

***“When you come together, it is not for the better but for the worse.”***

**(1 Corinthians 11:17, ESV)**

#### Think About It:

That's a strong statement. Paul tells the Corinthian church that their worship gathering is doing more harm than good. Why? Because they had turned communion into something selfish. The rich were eating early and feasting. The poor were showing up hungry and left out.

The Lord's Supper was never meant to be about food. It was about Christ. But they had made it about themselves. And in doing so, they lost the meaning of the Table entirely.

It's easy to judge them—but we do the same thing in other ways. We scroll through worship songs without thinking. We take communion like a routine. We show up distracted and treat a holy moment like just another church thing.

This devotion isn't about guilt—it's about getting your attention. The Table has weight. And we need to feel it again.

**Pray It:**

Lord, forgive me for the times I've treated Your Table casually. Help me recover the reverence and awe I should feel every time I come to worship.

**Do It:**

Write down one reason you think the Lord's Supper matters. Keep it in your Bible or journal this week. Let it center your heart before your next communion.

## Day 2: Communion Isn't Just About You

***"For in eating, each one goes ahead with his own meal. One goes hungry, another gets drunk." (1 Corinthians 11:21, ESV)***

**Think About It:**

Paul was grieved—not just because people were being selfish, but because they were ignoring the people around them. Communion is not just vertical (between you and God)—it's horizontal (between you and others).

When we take communion, we proclaim that we are one body. That means we don't come to the Table thinking only about our own experience. We come aware of the people beside us—honoring their place, sharing their burdens, and celebrating our unity in Christ.

When we treat others with disregard or let division go unchecked, we turn the Table into a contradiction. We say with our mouths that Jesus unites us—but live like He doesn't.

So here's the challenge: don't just ask, "Am I right with God?" Ask, "Am I honoring the people I'm sharing the Table with?"

**Pray It:**

Jesus, help me come to Your Table with love for others—not just a focus on myself. Show me where I've let division or selfishness creep in.

**Do It:**

Text or talk to someone in your church you've been distant from. If there's been tension, take the first step toward unity. The Table should never be shared with a divided heart.

## Day 3: Remember What Jesus Did

***“This is my body, which is for you. Do this in remembrance of me.”***

**(1 Corinthians 11:24, ESV)**

### **Think About It:**

Jesus gave us the Table—not to impress us, but to remind us. The bread and the cup point to His sacrifice. His real body, broken. His real blood, poured out.

This isn’t empty symbolism. It’s sacred remembrance. When we take communion, we’re returning to the cross—where love was proven, grace was purchased, and hope was secured.

But Paul also says we “proclaim the Lord’s death until he comes.” (v. 26) That means the Table looks both backward and forward. It anchors us in the gospel and points us to eternity.

Communion reminds us: Our faith isn’t built on good intentions. It’s built on a bloody cross and an empty tomb. And that deserves more than a casual glance. It deserves our whole heart.

### **Pray It:**

Lord Jesus, thank You for giving Your body and blood for me. Help me never forget the cost of my salvation—or take it lightly.

### **Do It:**

Before your next communion, pause and read Isaiah 53. Let it stir your gratitude. Let it shape the way you approach the bread and the cup.

## Day 4: Examine Before You Eat

***“Let a person examine himself, then, and so eat of the bread and drink of the cup.”***

**(1 Corinthians 11:28, ESV)**

### **Think About It:**

The Lord’s Supper isn’t for perfect people—but it is for prepared people. Paul warns us not to take it “in an unworthy manner.” That doesn’t mean you have to clean yourself up first—it means you need to come with humility, repentance, and reverence.

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Examination is a heart check. It's asking:

- Am I taking this seriously?
- Am I walking in unrepentant sin?
- Am I harboring division with someone in the body of Christ?

If the answer is yes, don't skip communion. Start with confession. The Table is where grace meets honesty. Where Jesus welcomes sinners who are willing to repent.

This isn't about staying away—it's about coming ready.

**Pray It:**

Search me, God. Show me anything in my heart that needs to change. Help me come to the Table not with pride—but with repentance and gratitude.

**Do It:**

Take 5 quiet minutes today to reflect and ask God to reveal anything you need to confess. Write it down. Pray over it. Then tear it up. Let that act remind you: His body was broken so yours wouldn't have to be.

## Day 5: Let the Table Preach

***“For as often as you eat this bread and drink the cup, you proclaim the Lord’s death until he comes.” (1 Corinthians 11:26, ESV)***

**Think About It:**

Communion is more than remembrance. It's a message. Every time you eat the bread and drink the cup, you're preaching a sermon without words.

You're saying:

- Jesus died.
- Jesus rose.
- Jesus is coming again.
- And He's worth everything.

But the world is watching how we proclaim that. If we take the Table with division in our hearts, with selfishness, with pride—it blurs the message. But when we come with awe, unity, and humility, we put the beauty of the gospel on display.

The Table isn't about you. It's about Jesus. So let your posture preach. Let your love for others preach. Let your joy and reverence preach. Because the church doesn't just proclaim the gospel with its mouth—we proclaim it with the way we come to the Table.

**Pray It:**

Jesus, help me never forget that communion is a witness. Let the way I approach the Table reflect Your worth and tell the truth about Your sacrifice.

**Do It:**

Invite someone to sit with you at church the next time your church takes the Lord's Supper. Worship side by side. Share the moment. Let it be a visible picture of gospel unity.

## Conclusion: Come to the Table with Awe

The Lord's Table isn't just bread and juice. It's not a snack. It's not a tradition. It's a sacred invitation.

When you come with reverence, repentance, and unity, you're not just remembering what Jesus did—you're proclaiming it. You're preaching with your posture.

So the next time you take communion, slow down. Look around. Examine your heart. And remember: this Table was bought with blood.

Come hungry for grace. Come humbled by the cross. Come in unity with your church family. And come proclaiming the good news that Jesus is still worthy.

See you Sunday.

## Before We Gather

- Why do you think it's easy to treat sacred things casually?
- Why is division in the church, especially at the Lord's table, so offensive to God?
- Why is it so important to regularly remember the cross through communion?
- What are some practical ways we can examine ourselves before taking communion?
- What does it say to the world when believers take communion in unity and love for one another?
- Why do you think Paul took the Lord's Supper so seriously?
- What does it look like to "examine yourself" before communion?

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- How does our behavior toward others reflect how we view the Table?
- What can we do as a class/church to keep the Lord's Supper meaningful?