

## Communion Message

### Let Us Examine Ourselves

*But let a man examine himself, and so let him eat of the bread and drink of the cup. 1Cor.11:28*

The difficulties lies in the fact that without help we have a very hard time examining ourselves because we can't see our own faults and shortcomings very well, if at all. Jesus points out this very problem when he says, *Or how can you say to your brother, 'Let me **remove the** speck from your eye'; and look, a plank is in your own eye? **Matt.7:4***. The point was that the person didn't even know he had a plank in his own eye (faults in his life). So we need help to examine ourselves, and what better help than the word of God.

As I read each passage, ask yourself, "How am I doing with this truth? How would Jesus say I'm doing? When finished, we will have a few moments of quiet reflection and self-examination, and then receive communion. Feel free, to relax, sit back, close your eyes if you like, and hear the words of our Lord.

**Lk.9:23**, *Then He said to them all, "If anyone desires to come after Me, let him deny himself, and take up his cross daily, and follow Me.*

**Lk.6:46**, *"But why do you call Me 'Lord, Lord,' and not do the things which I say?"*

**Jn.6:46**, *It is the Spirit who gives life; the flesh profits nothing. The words that I speak to you are spirit, and they are life.*

**Jn.8:31**, *Then Jesus said to those Jews who believed Him, "If you abide in My word, you are My disciples indeed.*

**Jn.10:27**, *My sheep hear My voice, and I know them, and they follow Me.*

**Jn.13:35**, *By this all will know that you are My disciples, if you have love for one another."*

**Jn.14:15**, *"If you love Me, keep My commandments*

**Jn.14:21**, *He who has My commandments and keeps them, it is he who loves Me. And he who loves Me will be loved by My Father, and I will love him and manifest Myself to him."*

**Jn.15:8**, *By this My Father is glorified, that you bear much fruit; so you will be My disciples.*

**Jn.15:17**, *These things I command you, that you love one another.*

**Rom.1:16**, *For I am not ashamed of the gospel of Christ, for it is the power of God to salvation for everyone who believes, for the Jew first and also for the Greek.*

**Rom.13:10**, *Love does no harm to a neighbor; therefore love is the fulfillment of the law.*

**Rom.14:19**, *Therefore let us pursue the things which make for peace and the things by which one may edify another.*

**1Cor.6:19-20**, *Or do you not know that your body is the temple of the Holy Spirit who is in you, whom you have from God, and you are not your own? For you were bought at a price; therefore glorify God in your body and in your spirit, which are God's.*

**1Cor.10:24**, *Let no one seek his own, but each one the other's well-being*

**2Cor.3:18**, *But we all, with unveiled face, beholding as in a mirror the glory of the Lord, are being transformed into the same image from glory to glory, just as by the Spirit of the Lord.*

**2Cor.4:16**, *Therefore we do not lose heart. Even though our outward man is perishing, yet the inward man is being renewed day by day.*

**2Cor.5:7**, *For we walk by faith, not by sight*

**2Cor.5:15**, *and He died for all, that those who live should live no longer for themselves, but for Him who died for them and rose again.*

**Gal.2:20**, *I have been crucified with Christ; it is no longer I who live, but Christ lives in me; and the life which I now live in the flesh I live by faith in the Son of God, who loved me and gave Himself for me.*

**Gal.4:19**, *My little children, for whom I labor in birth again until Christ is formed in you*

**Gal.6:2**, *Bear one another's burdens, and so fulfill the law of Christ*

**Gal.6:10**, *Therefore, as we have opportunity, let us do good to all, especially to those who are of the household of faith.*

**Eph.4:25**, *Therefore, putting away lying, "Let each one of you speak truth with his neighbor, for we are members of one another.*

**Eph.4:29**, *Let no corrupt word proceed out of your mouth, but what is good for necessary edification, that it may impart grace to the hearers*

**Eph.4:32**, *And be kind to one another, tenderhearted, forgiving one another, even as God in Christ forgave you.*

**Phil.1:21**, *For to me, to live is Christ, and to die is gain*

**Phil.2:3**, *Let nothing be done through selfish ambition or conceit, but in lowliness of mind let each esteem others better than himself.*

**Phil.2:14**, *Do all things without complaining and disputing*

**Phil.3:3**, *For we who worship God in the Spirit, rejoice in Christ Jesus, and have no confidence in the flesh*

**Phil.3:8-10**, *Yet indeed I also count all things loss for the excellence of the knowledge of Christ Jesus my Lord, for whom I have suffered the loss of all things, and count them as rubbish, that I may gain Christ and be found in Him, not having my own righteousness, which is from the law, but that which is through faith in Christ, the righteousness which is from God by faith; that I may know Him and the power of His resurrection, and the fellowship of His sufferings, being conformed to His death,*

**Phil.4:8**, Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy—meditate on these things.

**Phil.4:11**, *Not that I speak in regard to need, for I have learned to be content in whatever state I am.*

**Phil.4:13**, *I can do all things through Christ who strengthens me.*

**Col.2:3**, in Christ are hidden all the treasures of wisdom and knowledge

**Col.3:1-3**, *If then you were raised with Christ, seek those things which are above, where Christ is, sitting at the right hand of God. Set your mind on things above, not on things on the earth. For you died, and your life is hidden with Christ in God.*

**Col.3:12-13**, Therefore, as the elect of God, holy and beloved, put on tender mercies, kindness, humility, meekness, longsuffering; bearing with one another, and forgiving one another, if anyone has a complaint against another; even as Christ forgave you, so you also must do.

**1Thess.5:18**, *in everything give thanks; for this is the will of God in Christ Jesus for you.*

**2 Tim.1:7**, *For God has not given us a spirit of fear, but of power and of love and of a sound mind.*

**2Tim.3:16**, All Scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness

**Heb.4:12**, *For the word of God is living and powerful, and sharper than any two-edged sword, piercing even to the division of soul and spirit, and of joints and marrow, and is a discernor of the thoughts and intents of the heart.*

**Heb.12:1-2**, Therefore we also, since we are surrounded by so great a cloud of witnesses, let us lay aside every weight, and the sin which so easily ensnares us, and let us run with endurance the race that is set before us, <sup>2</sup> looking unto Jesus, the author and finisher of our faith, who for the joy that was set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God.

**Rev.22:12-13**, *“And behold, I am coming quickly, and My reward is with Me, to give to every one according to his work. I am the Alpha and the Omega, the Beginning and the End, the First and the Last.*

**1Pet.1:18-19**, knowing that you were not redeemed with corruptible things, like silver or gold, from your aimless conduct received by tradition from your fathers, <sup>19</sup> but with the precious blood of Christ, as of a lamb without blemish and without spot.

**Jesus, please impress your word upon our hearts and souls.**