

Preparation for Communion

Geoffrey R. Kirkland | Christ Fellowship Bible Church

As we prepare to commune with Christ and with each other this upcoming Lord's Day, let's consider preparing our hearts as we *LOOK!* in *4 directions*.

1. LOOK BACK!

Behold the Lamb of God who came to earth. Consider the Lamb who suffered at the hands of sinful men. Marvel at the Lamb of God who bore your sin in His body on the cross. Stand amazed that He swallowed up infinite wrath by satisfying divine justice and bearing the full punishment in your stead! This your Savior did at Calvary! And He did this to honor His Father and procure your eternal salvation! His blood shed secured your soul! His body given sufficed for your salvation! Look back at the cross and give thanks.

2. LOOK IN!

Consider areas where you need to grow. As you consider your spiritual life and your habits and time management and spiritual progression with Christ, think of areas where you can improve and excel still more. Are there areas where you need to confess? Are there sins that you need to forsake? Are there areas of pride where you need to humbly confess? Look in and see your faults and confess them to the Lord. But be careful! As you look inward, don't stay there. Be sure you look to Christ who paid for your sin *in full* and satisfied God's wrath for you. Look inward to see how you can grow in your satisfying pursuit of God and His glory. Guard that you don't look inward to try to improve your performance to be more accepted by Christ. Look in to confess your sin and enhance your enjoyment of God.

3. LOOK AHEAD!

Jesus is coming soon. As we take communion together, long for the day when we will commune with Christ in His kingdom. Ponder the reality of the nearness of Christ's glory and the perfections of His kingdom. Let the future hope promote present gladness. As you take communion, rejoice in Jesus and look ahead to that day when we will behold Him face to face! Fixing the hope on Christ is the purifying hope and this steady gazing upon the beauty and wonders of Christ will transform us more and more into His image.

4. LOOK UP!

Jesus is sitting at the Father's right hand. As you prepare, remember to anchor your hope to the exalted Jesus who right now sits at God's right hand. Jesus alone has the authority at God's right hand. He governs all things. He owns creation and rules every circumstance by His wise and sovereign decrees and orchestrations. So look up and see Christ your intercessor, seated on heaven's throne. Rejoice in Him. Rest in Him. Love Him. Serve Him. As you take communion, consider your wounded Savior sitting on heaven's throne in His infinite majesty and glory gazing upon you with beams of love because He knows you, redeemed you, atoned for you, and secures your heaven.