The Last Supper

"While they were eating, Jesus took bread, and when He had given thanks, He broke it and gave it to his disciples, saying, "Take and eat; this is my body." Then He took a cup, and when He had given thanks, He gave it to them, saying, "Drink from it, all of you. This is my blood of the covenant, which is poured out for many for the forgiveness of sins."
Matthew 26:26-28

Jesus, during a special Passover meal with His disciples, introduced the first ever communion, which is a way that we remember what Jesus has done to save us. He broke bread, saying, "This is my body, given for you," and shared wine, saying, "This is my blood, poured out for you." Jesus wanted His friends to remember his love and sacrifice for them.

What is a Passover meal?
The Passover meal was observed by nearly every Jewish person as a way of remembering and celebrating God's rescue of Israel through the blood of the lamb on their doorposts (Exodus 12:7 & 14). At the Last Supper, Jesus used the elements of the Passover meal to introduce something new.

Why is it important to remember Jesus' body and blood?
We remember Jesus' body because it would soon be broken to save those who trust him. We also remember his blood because it would soon be poured out to save all those who trust in Him.

Prayer

Dear God,

Thank you for sending Your Son, Jesus, to bring salvation to the world. Please help us to always remember the gift that He gave us by sacrificing Himself to save us from sin so that we can know You and enjoy life with You. Help us to know You more every day.

In Jesus' Name we pray. Amen.