



new life fellowship

Sermon Title: Sacramental Living: The Bread and the Cup

Speaker: Richard Villodas, Lead Pastor

Scripture: Mark 14: 17-26

When evening came, Jesus arrived with the Twelve. While they were reclining at the table eating, he said, “Truly I tell you, one of you will betray me—one who is eating with me.”

They were saddened, and one by one they said to him, “Surely you don’t mean me?”

“It is one of the Twelve,” he replied, “one who dips bread into the bowl with me. The Son of Man will go just as it is written about him. But woe to that man who betrays the Son of Man! It would be better for him if he had not been born.”

While they were eating, Jesus took bread, and when he had given thanks, he broke it and gave it to his disciples, saying, “Take it; this is my body.”

Then he took a cup, and when he had given thanks, he gave it to them, and they all drank from it.

“This is my blood of the covenant, which is poured out for many,” he said to them. “Truly I tell you, I will not drink again from the fruit of the vine until that day when I drink it new in the kingdom of God.”

When they had sung a hymn, they went out to the Mount of Olives.

Mark 14:17-26

Sermon Outline:

- The Lord’s Table is not just a table. It is meant to shape us. And it is meant to shape us not only during communion but every part of our lives.
- The Lord’s Table points to the mysterious presence of Jesus among us.
- “Take it; this is my body.” Jesus’ statement has caused much disagreement and debate over what he actually meant. Catholic faith takes his words literally and that the bread and the wine are transformed into Jesus body and blood. Protestant faith believe that the bread and the cup are symbols, a way to remember Jesus’ sacrifice. Others believe that the bread and the wine remain bread and wine, but that Jesus is present among us. The bread and the cup become more than a way to remember Jesus death and resurrection. Jesus is present with us when we partake of the bread and the cup. If that is true, then we better be paying attention.
- Jesus says “This is my body, which is for you; do this in remembrance of me.” 25 In the same way, after supper he took the cup, saying, “This cup is the new covenant in my blood; do this, whenever you drink it, in remembrance of me.” 1Corinthians11:24-25. Jesus tells us to be present to Him. Sacramental living means that we are called to be attentive to the presence of Jesus. Not just when we take communion but in our everyday lives. When we take the bread and the cup, we are saying that we want to pay attention to Jesus at all times.
- The Lord’s Table shapes our unity as a church.
- The menu at the Lord’s Table is the same for all. There are no VIPs at this feast. We all feast at the same table. We are not placed at different tables depending on our status, income, intellect, race, gender, etc. What unites us is who we worship. In a world that is marked by division, when we take communion, we are saying our lives are marked by unity. This means that we examine our relationships. There is a time of repentance and a time of considering our relationships that may be in need of healing or where we may need to extend forgiveness.
- The Lord’s Table is not a reward for the godly but a gift for the broken.
- Pastor Rich shared the example of his Uncle Johnny who viewed communion as a reward to be taken when he felt that his good behavior merited it. However, we are all sinners and none of us is worthy of receiving communion. And all that come to the table are broken. We don’t come to the table based on our own performance or our own goodness. We come to the table because God is Good.
- The Lord’s Table reminds us of God’s free and costly love in Christ.

- Theologian Rowan Williams reminds us that when Jesus invites us to the table Jesus is telling us that “He wants our company.” How do we know this? In v18 Jesus says, “Truly I tell you, one of you will betray me—one who is eating with me.” Jesus knew who would betray Him and yet He still fed his enemies. This is the scandalous grace of God.
- Communion is also a metaphor of our life as a follower of Christ. We are the bread in Jesus’ hands. He offers us up to the Father and pours out blessing upon us. We are broken, through trials, setbacks and disappointments. Jesus is not trying to destroy us but is trying to shape and mold us so that we, through being offered and given to the world, can be a blessing to others.

Sermon Summary:

This Sunday Pastor Rich Villodas discusses sacramental living and what it means to come to The Lord’s Table and to partake of the gift of the bread and the cup.

Sermon Questions:

1. How does this scripture connect for you the topic that was discussed today? What words resonate with you? Why?
2. In your family of origin, what was dinnertime (or sharing a meal) like when you were a child?
3. *“Take it; this is my body.”* (v18) How do you respond to Jesus’ words? What do you think He was saying?
4. How do you hear the challenge of being attentive to Jesus not only during communion but at all times, in your daily life? What challenges or obstacles may you be facing in doing so?
5. Pastor Rich shared how during dinnertime, he has decided to keep his phone in another room so that he can pay attention to his family during the meal. What behavior may God be asking you to change so that you can be more intentionally present to others? What challenges or obstacles may you be facing in doing so?
6. Today’s scripture reminds us that Jesus shared communion with Judas. Jesus knew that Judas would hand Him over to the authorities to be crucified, and yet He still fed him. If you can, share how God has his scandalous love for you? How may God be asking you to share “your table” with another that may have hurt you?
7. We are taken, broken and offered up to the world...Which part resonates the most with you at this time? What may be God saying to you through your brokenness? How may God be leading you to share His "scandalous grace" with the world?