

# Welcome!

- ✓ *Grab a cup of coffee and breakfast.*
- ✓ *Say hello to someone you don't know.*
- ✓ *We'll gather at 10:20am.*

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# Preparing our Hearts for Worship

*Bless the Lord, O my soul;  
And all that is within me,  
bless His holy name!*

*Bless the Lord, O my soul,  
And forget not all His benefits.*

**– Psalm 103:1-2**

# Psalms, Proverbs & Parables



# Abundantly Blessed

A serene sunset scene over a calm body of water. The sun is low on the horizon, creating a bright orange and yellow glow that reflects on the water's surface. The sky is filled with soft, wispy clouds. On the left, a dark, silhouetted shoreline with trees is visible. The overall mood is peaceful and contemplative.

Psalm 103:1-13

# Psalm 103:1-2

Bless the Lord, O my soul; And all that is within me, bless His holy name! 2 Bless the Lord, O my soul, And forget not all His benefits:

Q 1: What benefits of walking in relationship with God come to mind?

# Psalm 103:3a

Bless the Lord, O my soul; And all that is within me, bless His holy name! Bless the Lord, O my soul, And forget not all His benefits:

**Who forgives all your iniquities,**

Q 2: What difference does it make in your daily life to know that you are totally forgiven by God?

# Psalm 103:3b

Bless the Lord, O my soul; And all that is within me, bless His holy name! Bless the Lord, O my soul, And forget not all His benefits: Who forgives all your iniquities, **Who heals all your diseases,**

Q 3: How have you experienced God's healing in your life?

# Psalm 103:4a

Who redeems your life from destruction (the pit),

Q 4: How have you experienced God's rescue from the pit (destruction)?

# Psalm 103:4b

Who redeems your life from destruction (the pit),  
**Who crowns you with lovingkindness and  
compassion**

Q 5: How have you experienced God's  
lovingkindness and compassion in your life?

# Psalm 103:5

Who satisfies your years (mouth) with good things,  
So that your youth is renewed like the eagle's.

Q 6: What good things have you experienced  
from God? How have you experienced life  
satisfaction from God?

# Psalms 103:6-7

JUST

The Lord executes righteousness And justice for all who are oppressed. He made known His ways to Moses, His acts to the children of Israel.

# Psalm 103:8-10

# MERCIFUL

8 The Lord is merciful (compassionate) and gracious, Slow to anger, and abounding in lovingkindness. 9 He will not always accuse us, Nor will He keep His anger forever. 10 He has not dealt with us according to our sins, Nor rewarded us according to our iniquities.

# Psalm 103:8-10

# GRACIOUS

8 The Lord is merciful (compassionate) and gracious, Slow to anger, and abounding in lovingkindness. 9 He will not always accuse us, Nor will He keep His anger forever. 10 He has not dealt with us according to our sins, Nor rewarded us according to our iniquities.

# Psalm 103:11

HESED

11 For as the heavens are high above the earth, So great is His lovingkindness toward those who fear Him;

Psalm 103:12

FORGIVING

12 As far as the east is from the west, So far has  
He removed our transgressions from us.

# Psalm 103:13

FATHER

13 As a father has compassion on  
his children, So the Lord has compassion  
on those who fear Him.

2 Corinthians 1:20

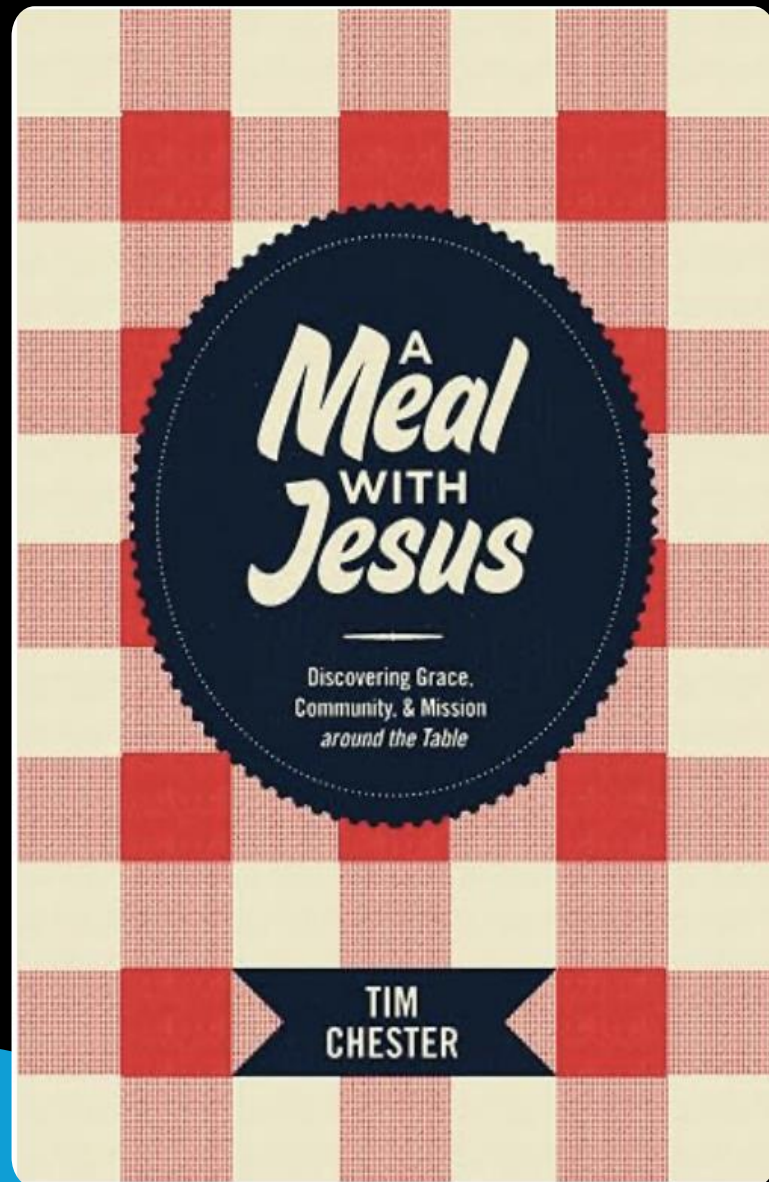
FULFILLED

“For no matter how many promises God has made,  
they are “Yes” in Christ.

# Communion

## 1. What is Communion?

- Jesus told His disciples that whenever they drink the wine and eat the bread to do so *“in remembrance of Me.”*
- *“Communion is the Thanksgiving meal of the Christian faith.”*



*"Communion should be a feast of friends shared with laughter, tears, prayers, and stories. In this sad and broken world, the Lord's Supper is a moment of joy, because it's a moment of the future."* - Tim Chester

# Communion = Come + Union

**Come** - *Come unto Me all you who are weary and heavy laden, and I will give you rest.”*  
- Matthew 11:28

**Union** - *“I in them and You in Me, that they may be perfected in unity, so that the world may know that You sent Me, and loved them, even as You have loved Me.”* - John 17:23

## 2. Why do we take Communion?

Communion is about remembering and experiencing Jesus. It's more than a religious ritual. It's a relational and supernatural remembrance.

*“When Jesus was at the table with them, he took bread, gave thanks, broke it and began to give it to them. Then their eyes were opened and they recognized him.” – Luke 24:30-31*



# Communion

*“The world says, ‘Have a drink and forget.’ Jesus says, ‘Have a drink and remember.’”*

– Steve Brown

### 3. Who may come to the Table?

- The Table is for broken people who have acknowledged their sin and need for a Savior and have placed their trust and hope in the grace of Jesus.
- The Table is for sinners, but it is not for unrepentant sinners.
- We let parents discern about their children taking the Table.

## A Word of Caution

*So then, whoever eats the bread or drinks the cup of the Lord in an unworthy manner will be guilty of sinning against the body and blood of the Lord. Everyone ought to examine themselves before they eat of the bread and drink from the cup. For those who eat and drink without discerning the body of Christ eat and drink judgment on themselves. – 1 Corinthians 11:27-29*

## 4. How do we come to the Table?

We come with humble, grateful, and repentant hearts ready to remember and celebrate Jesus together

# The Bread

*And he took bread, gave thanks and broke it, and gave it to them, saying, "This is my body given for you; do this in remembrance of me."  
- Luke 22:19*

# The Cup

*“In the same way, after the supper he took the cup, saying, **“This cup is the new covenant in my blood, which is poured out for you.”**”*

*– Luke 22:20*

# The Blessing

**Isaiah 54:10**

*Though the mountains be shaken and the hills be removed, yet my unfailing love for you will not be shaken nor my covenant of peace be removed,” says the Lord, who has compassion on you.*