

# SERMON NOTES

## DISCERNING THE LORD'S BODY

BY SUBASH CHERIAN, SENIOR PASTOR

*"For whenever you eat this bread and drink this cup, you proclaim the Lord's death until he comes."* - **1 Corinthians 11:26.**

1. **Eucharist** — Thanksgiving (Matt. 26:27; 1 Cor. 11:24)

Communion begins with gratitude. We remember that every blessing flows from the sacrifice of Jesus. His broken body and shed blood invite us to live in continual thanksgiving.

2. **Remembrance (1 Cor. 11:24)**

We remember His love — not just in memory, but in presence. Christ meets us in the breaking of bread, reminding us that His work on the cross was personal and complete.

3. **Proclaim (1 Cor. 11:26)**

Each time we partake, we declare His death until He comes. The table becomes our pulpit, proclaiming redemption to a world in need of grace.

4. **Return (1 Cor. 11:26; Tit. 2:13; Rev. 22:20)**

Communion points forward — we look for His glorious appearing. "Even so, come, Lord Jesus."

5. **Peace (Lk. 24:36; Eph. 2:13-14)**

The risen Christ greets His followers with peace. At His table, hostility ends and hearts are reconciled — with God and with one another.

6. **Victory (1 Cor. 15:57; Rev. 12:11)**

The cup declares victory over sin and death. We overcome by the blood of the Lamb — communion reminds us that the battle is already won.

7. **Discern (1 Cor. 11:29)**

To discern the Lord's body is to recognize His presence and the unity of His people. We approach the table humbly, with reverence and awareness.

8. **Wholeness (Is. 53:5; 1 Cor. 10:16)**

His body was broken so that ours might be made whole. In His wounds, we find healing — spirit, soul, and body.