

**Terry Reese: Lord's Supper Talk 1-4-2026**

**Good morning. If you'd like to open your Bibles, I'll be reading from Psalm 139: 1-15 as we prepare our hearts and minds for the Lord's Supper. (Scripture from: biblegateway.com)**

O Lord, You have searched me and known *me*.  
You know my sitting down and my rising up;  
You understand my thought afar off.  
You comprehend my path and my lying down,  
And are acquainted with all my ways.  
For *there is* not a word on my tongue,

*But* behold, O Lord, You know it altogether.  
You have hedged me behind and before,  
And laid Your hand upon me.  
*Such* knowledge *is* too wonderful for me;  
It is high, I cannot *attain* it.  
Where can I go from Your Spirit?  
Or where can I flee from Your presence?

If I ascend into heaven, You *are* there;  
If I make my bed in hell, behold, You *are there*.  
*If* I take the wings of the morning,  
*And* dwell in the uttermost parts of the sea,  
Even there Your hand shall lead me,

And Your right hand shall hold me.  
If I say, "Surely the darkness shall fall on me,"  
Even the night shall be light about me;  
Indeed, the darkness shall not hide from You,  
But the night shines as the day;  
The darkness and the light *are* both alike *to You*.

For You formed my inward parts;  
You covered me in my mother's womb.  
I will praise You, for I am fearfully *and* wonderfully made;  
Marvelous are Your works,  
And *that* my soul knows very well.  
My frame was not hidden from You,  
When I was made in secret,  
*And* skillfully wrought in the lowest parts of the earth.

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For many of us, the truth that we are fearfully and wonderfully made—and that we cannot escape God's presence—can actually be unsettling.

Because when we look at our lives honestly, we see brokenness.

We see patterns of sin.

We see weakness, struggle, and failure.

And we may wonder: How can I be fearfully and wonderfully made... when I wrestle so deeply with sin?

Scripture doesn't shy away from that tension. In fact, it explains it.

Our struggle with sin is not in conflict with the fact that we are fearfully and wonderfully made in the image of God; it is evidence that we were never meant to be self-sufficient.

From the beginning, humanity was created to live in dependence on God.

Jesus Himself reminds us, "Apart from me you can do nothing" (John 15:5).

And the apostle Paul writes, "For I know that nothing good dwells in me, that is, in my flesh" (Romans 7:18).

By God's design, our weakness points us toward our need for a Savior.

Paul tells us in 2 Corinthians 5:21, "For our sake he made him to be sin who knew no sin, so that in him we might become the righteousness of God."

Christ stepped into our brokenness, took our sin upon Himself, and went to the cross so that we might be reconciled to God (Romans 5:8).

The bread represents His body, broken for us—"This is my body, which is for you" (1 Corinthians 11:24).

The cup represents His blood, poured out for us—"This cup is the new covenant in my blood" (1 Corinthians 11:25).

Through Christ, our sin does not have the final word.

"There is therefore now no condemnation for those who are in Christ Jesus" (Romans 8:1).

Through Him, we are forgiven, restored, and given eternal life—"the free gift of God is eternal life in Christ Jesus our Lord" (Romans 6:23).

So today, as we partake of the bread and the fruit of the vine, we do so humbly—with the heart of the tax collector beating his chest, crying out, 'God, be merciful to me, a sinner'—yet also confidently, because of His grace (Luke 18:13). We are fearfully and wonderfully made... and redeemed to live for Christ (Galatians 2:20).