

**23** For I received from the Lord what I also passed on to you: The Lord Jesus, on the night he was betrayed, took bread, **24** and when he had given thanks, he broke it and said, "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." **26** For whenever you eat this bread and drink this cup, you proclaim the Lord's death until he comes.

**27** 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. **28** Everyone ought to examine themselves before they eat of the bread and drink from the cup. **29** For those who eat and drink without discerning the body of Christ eat and drink judgment on themselves. **30** That is why many among you are weak and sick, and a number of you have fallen asleep. **31** But if we were more discerning with regard to ourselves, we would not come under such judgment. **32** Nevertheless, when we are judged in this way by the Lord, we are being disciplined so that we will not be finally condemned with the world.

**33** So then, my brothers and sisters, when you gather to eat, you should all eat together. **34** Anyone who is hungry should eat something at home, so that when you meet together it may not result in judgment. (1 Corinthians 11:23-34, NIV)

***It's His Idea*** (and a good one at that!)

## ***The Vertical Impact***

## ***Better Together***