

## Communion Thoughts from Jordan M. for May 17, 2020

Hi everyone,

As I have been reflecting this week on what thoughts to share in preparation for partaking of communion, the theme of trusting Jesus has been reoccurring.

At times my life can feel so full that the thought of adding “one more thing” can seem too much. Knowing myself, I sense my brain and body language shutting down. I start to want to shed responsibility and previously easy things start to bother me. I tend to overthink things leading to anxiousness, doubts about my abilities and worth come in to play. I can be so focused on everything I have to do that I forget to be present in the moment, and to offer time to those in my immediate circles that need it (my wife and kids foremost).

With the absence of attending church on Sunday morning, I have been feeling challenged that being a disciple of Jesus is not just something we do, it’s something we strive to live and follow each day. I know that we know this – that I know this intellectually, but I have started to see that I have been believing (thinking) one way about my relationship with Jesus, but I have not actually been practicing (acting) in a way that would suggest that I am truly acting out my belief.

I have been humming the first few lines of the song Scott shared with us at Easter:

### **What a Friend We Have in Jesus**

1. What a friend we have in Jesus,  
All our sins and griefs to bear!  
What a privilege to carry  
Everything to God in prayer!  
Oh, what peace we often forfeit,  
Oh, what needless pain we bear,  
All because we do not carry  
Everything to God in prayer!
2. Have we trials and temptations?  
Is there trouble anywhere?  
We should never be discouraged—  
Take it to the Lord in prayer.  
Can we find a friend so faithful,  
Who will all our sorrows share?  
Jesus knows our every weakness;  
Take it to the Lord in prayer.
3. Are we weak and heavy-laden,  
Cumbered with a load of care?  
Precious Savior, still our refuge—  
Take it to the Lord in prayer.

Do thy friends despise, forsake thee?  
Take it to the Lord in prayer!  
In His arms He'll take and shield thee,  
Thou wilt find a solace there.

4. Blessed Savior, Thou hast promised  
Thou wilt all our burdens bear;  
May we ever, Lord, be bringing  
All to Thee in earnest prayer.  
Soon in glory bright, unclouded,  
There will be no need for prayer—  
Rapture, praise, and endless worship  
Will be our sweet portion there.

I find the lines in the first verse “Oh, what peace we often forfeit, Oh, what needless pain we bear, All because we do not carry Everything to God in prayer!” very fitting to how I have been feeling.

Before you partake of the elements, I encourage you through prayer to lift your burdens to our Lord. To thank him for His sacrifice, His wisdom and for His encouragement to carry our burdens. And then allow yourself to relax, to rest in the spirit and to trust that Jesus is who he says he is. Trials, frustrations, burdens we will still have, but we need to remember that Jesus sacrifice was part of reconciling ourselves to God, and our burdens are not heavy for Him.

“I pray that God, the source of hope, will fill you completely with joy and peace because you trust in him. Then you will overflow with confident hope through the power of the Holy Spirit.”  
Romans 15:13 NLT

Amen.