

## “Just One Thing”

Communion Meditation by Bruce Wolf, Elder  
for Sunday 02/26/12

You may remember the 1991 movie *City Slickers* which was a story about three middle-aged men who had become bored so they traveled west to find new meaning for their lives. At one point in the movie Curly, the grizzled, sun-toughened cowboy, answers the big question by holding up one finger. He says to Mitch, the tenderfoot, “The secret to life is just one thing and that is what you have to find out; just that one thing.”



The first communion was held in the room of a borrowed house where Jesus had gathered his apostles together. Matthew 26: 20 describes the scene: “Now when evening came, Jesus was reclining at the table with the twelve disciples.” Continuing with verse 26, “While they were eating, Jesus took some bread, and after a blessing, he broke it and gave it to the disciples and said, ‘Take, eat; this is my body.’”

And when He had taken a cup and given thanks, He gave it to them, saying, drink from it, all of you; for this is my blood of the covenant, which is poured out for many for forgiveness of sins.” And verse 30, “After singing a hymn, they went out to the Mount of Olives.”

Sometime later, as recorded in Acts 2:42, scripture tells us that the new Christians were “continually devoting themselves to the apostles teaching and to fellowship, to the breaking of bread, and to prayer.”

And that’s pretty much it from scripture in describing that Passover meal, the Last Supper, the first communion. Scripture tells us that Jesus and the disciples were enjoying a regular meal together when, at some point during the meal, Jesus changed the focus of the festivities to breaking bread together and drinking wine together, thus instituting a covenant between Him and His disciples by which to remember him. And the early church continued this practice as part of their fellowship as often as they came together.

You might notice that these scriptures do not supply an abundance of detail about communion protocol. At the first communion, a table is mentioned and people are reclined around it. But tables are not mentioned thereafter. The menu for that night is not listed as to what meats, fruits, or vegetables were being eaten. And the type of bread that Jesus broke isn’t described as to whether it was made from wheat flour, or rye, or some other grain. But it was unleavened.

There is no clear indication that, after Jesus broke the bread, whether He continued to serve the disciples personally one by one, or if they just passed it around to each other in no particular order. There is no mention of plates or utensils being used and no mention of whether the disciples drank separately as they were served or in unison. We also do not know the hymn that was sung before they left the house.

We are not made aware, but we can assume the disciples were wearing their normal everyday clothing for the occasion because they could not have known in advance what Jesus was

about to announce that evening. The last supper took place in a borrowed house. But after that we don't know if communion was indoors or outdoors or both. All in all there are not a lot of specifics offered in scripture about communion.

But there is one detail we should not overlook. It is found in 1 Corinthians 11: 23-25 as Paul recites the words of Jesus at the time of the last supper. When breaking the bread Jesus says, "Do this in remembrance of me." And as He passes the wine He says again, "Do this in remembrance of me."

The simple and poignant point of communion is to remember Jesus. By eating of this bread, His body, and drinking this juice, His blood, we symbolically become a part of Him and He a part of us. The purpose of communion in His own words is to remember Him and His sacrifice for us.

Jesus' words are simple, direct, and clear. Focus on Christ. Remember Christ. The secret to life is just one thing: Jesus.

Please join me in prayer.

Heavenly Father, we come to this table humbled and happy that you would invite us to commune with you. As our brothers did many years ago, we do now. We put aside all distractions, ignore minutia, and relax in your presence once again Lord. We yield ourselves to you, Oh Lord, and we remember.

I pray in Jesus' holy name. Amen