Lord Jesus, I bow before you in humility and ask You to examine my heart today. Show me anything that is not pleasing to You. Reveal any secret pride, any unconfessed sin, any rebellion or unforgiveness that may be hindering my relationship with You. I know that I am Your beloved child, having received You into my heart and life and having accepted Your death as penalty for my sinfulness. The price You paid covered me for all time, and my desire is to live for You.

As I take the bread representing Your life that was broken for me, I remember and celebrate Your faithfulness to me and to all who will receive You. I can't begin to fathom the agonizing suffering of Your crucifixion. Yet You took that pain for me. You died for me! Thank You, Jesus. Thank You for Your extravagant love and unmerited favor. Thank You that Your death gave me life—abundant life now, and eternal life forever. As You instructed Your disciples, I, too, receive this bread in remembrance of You.

And in the same way, as I take this cup representing Your blood poured out from a splintered cross, I realize that You were the supreme sacrifice for all my sin: past, present, and future. Because of Your blood shed for me, and Your body broken for me, I can be free from the power and penalty of sin. Thank You for Your victory over death. You took the death that I deserved. You took my punishment. Your pain was indeed my gain. And today I remember and celebrate the precious gift of life You gave me through the blood that You spilled.

Each time I take communion, Lord, I want to recommit my life, my heart, my thoughts, my everything to You. Fill me today with Your powerful Spirit. As I leave this place, help me to hold this fresh remembrance and the story that never grows old close to my heart. Help me to share its message faithfully as You give opportunity.

In Your Precious name, amen.