



01 APRIL 2026 WED

Luke 22:14-20

**SYNC**

= to share data; to harmonize or align

## INTRODUCTION

What the internet seems to be doing is chipping away our capacity for concentration and contemplation. Whether online or not, our minds now expect to take in information the way the internet distributes it: in a swiftly moving stream of particles.

*The Shallows: What The Internet  
Is Doing To Our Brains*

~ Nicholas Carr

- think about that: we have slowly been losing our ability to **CONCENTRATE** and **CONTEMPLATE**

**concentrate** = to focus mental ability on one object or activity

**contemplate** = to think profoundly and at length

NOTE: the average attention span for the notoriously ill-focused goldfish is nine seconds, but according to a new study from Microsoft Corporation, people now generally lose concentration after eight seconds, highlighting the affects of an increasingly digitalized lifestyle on the brain.

Time Magazine  
March, 2015

- now, imagine one of the most difficult weeks in the life of Jesus while here on earth:
  - six days before the crucifixion, Jesus arrived in Bethany, at the home of Lazarus
    - imagine the crowds around Lazarus, etc.
  - the next day, Jesus rode into Jerusalem on a donkey, to the praises of the people
  - then, He wept over the city, knowing they had not paid attention to biblical prophecy

on the next day, Jesus cleansed the Temple and chased out the money changers

throughout the remainder of the week, Jesus was in the Temple, answering questions and being accused of various blasphemies and false teaching

towards the end of the week, there were preparations for Passover, the gathering in the Upper Room, the arrest and trial, and finally, He was put to death

yet, Jesus managed to stay focused on the work God had sent Him to accomplish

### **John 17:4-5**

I have glorified thee on the earth: I have finished the work which thou gavest me to do. And now, O Father, glorify thou me with thine own self with the glory which I had with thee before the world was.

On the night before His crucifixion, Jesus gathered His disciples in a borrowed room. He knew their focus would falter. In this, they were no different from us:

one moment, they declared undying loyalty; the next they argued over who was greatest

one day they left everything to follow Him; another day they failed to stay awake and pray with Him

like us, their devotion was real, but often weak



### **Luke 22:14-20**

And when the hour was come...

this was the hour He had been focused on since before the world began



### **1 Corinthians 11:23-26**

# 1. LOOK UP **verse 24, 26**

this do, in remembrance of me...

He took the bread and broke it.

He took the cup and lifted it up.

Christ wanted His disciples to have a ready embodiment of the sacrifice He would soon make for all mankind

this causes us to look up, because only in the mind of God could such a certain sacrifice be conceived as payment for sin

## **Hebrews 12:2-3**

Looking unto Jesus the author and finisher of our faith; who for the joy that was set before him endured the cross, despising the shame, and is set down at the right hand of the throne of God. For consider him that endured such contradiction of sinners against himself, lest ye be wearied and faint in your minds.

*wearied and faint in your minds...*

how ironic, huh? we have been reduced to less than a goldfish in our mental capacity

## **Galatians 6:14**

But God forbid that I should glory, save in the cross of our Lord Jesus Christ, by whom the world is crucified unto me, and I unto the world.

the world demands our thoughts be focused on self; on the things around us...there is no time or need to look up

look to yourself and your strength

seek out friends and family

read a book, find a counselor

## **1 Corinthians 6:20**

For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's.

## 2. LOOK IN **verse 28**

But let a man examine himself, and so let him eat of that bread, and drink of that cup.

understanding the great sacrifice that was made for our salvation, we are expected to approach the Lord's Table as a time of self-examination

none of us is worthy...but are we right?

### **ARE YOU SAVED?**

Christ's body was broken and His blood spilled as payment for our sins

#### **1 John 1:7b**

...the blood of Jesus Christ his Son cleanseth us from all sin.

if you have never put your faith in the finished work of Christ on the cross, then there is nothing for you to commemorate

the Lord's Supper is not a religious deed,  
it is a relationship directive

### **HAVE YOU BEEN SCRIPTURALLY BAPTIZED?**

Jesus was baptized to show us His surrender to authority

#### **Matthew 3:15**

And Jesus answering said unto him, Suffer it to be so now: for thus it becometh us to fulfil all righteousness

Jesus identified with Adam's fallen race

Jesus prefigured His own death

and His first command for us was to follow Him in believer's baptism...to publicly identify with His death, burial, and resurrection

anything less is a shortcut

## ARE YOU A MEMBER OF THE CHURCH?

one of Jesus' purposes was to build His church and to establish it against the gates of hell

### **Matthew 16:18**

...upon this rock I will build my church; and the gates of hell shall not prevail against it.

### **Ephesians 5:25**

Christ...loved the church, and gave himself for it

if Christ was willing to die for the church, are you not willing to live for it?

to refuse membership and then participate in its ordinances is presumptuous...demanding something of the church to which you are not willing to serve

that makes the church a charity;  
rather than the pillar and ground  
of the truth

## ARE YOU IN RIGHT FELLOWSHIP?

are you in right fellowship with the Lord?

is there unconfessed sin in your life?

is there something you are holding back?

### **James 4:8**

Cleanse your hands, ye sinners; and purify your hearts, ye double minded.

are you in right fellowship with your church?

how can you come to the table and thank God for forgiving you of your sins, when you are unwilling to forgive your brother or sister in Christ?

### **Matthew 5:24**

...first be reconciled to thy brother, and then come and offer thy gift.

### 3. LOOK AHEAD **verse 26**

For as often as ye eat this bread, and drink this cup, ye do shew the Lord's death till he come.

in **Luke 22:15-16**, Jesus said He looked forward to this time with His disciples...that it would be the last time until the Kingdom of God was brought in

And he said unto them, With desire I have desired to eat this passover with you before I suffer: for I say unto you, I will not any more eat thereof, until it be fulfilled in the kingdom of God.

try to imagine that Heavenly gathering, when we are together forever with Christ...His body no longer broken, His blood no longer spilled

The Marriage Supper of The Lamb

the Lord's Table is a sacred time to remember that

Christ arose

Christ reigns

Christ will return

this is a time to realign our priorities; to remind ourselves that Jesus is coming soon and the worries and cares of this life are temporary

#### **Romans 8:18**

For I reckon that the sufferings of this present time are not worthy to be compared with the glory which shall be revealed in us.