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## Why Am I Eating at Jesus' Table?

Anna Crowder  
akcrowd6@gmail.com

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# Why Am I Eating at Jesus's Table?

Anna Crowder

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*Anna Crowder gave the following communion meditation at the Montgomery Boulevard Church of Christ in Albuquerque, New Mexico, on January 1, 2017.*

In 1 Corinthians 11.28 we read, "A man ought to examine himself before he eats of the bread and drinks of the cup." In 2 Corinthians 13.5-6 Paul states, "Examine yourselves to see whether you are in the faith; test yourselves. Do you not realize that Christ Jesus is in you—unless, of course, you fail the test? And I trust that you will discover that we have not failed the test."

When approaching the Lord's Supper we are asked to examine ourselves to ensure that we are partaking in Jesus's meal in a worthy manner. This self-examination is not for clearing a guilty conscience or checking off a list of recent sins. It is the act of asking oneself, "Why am I eating here at his table?"

In 1 Corinthians 11.23-26 we are told: "The Lord Jesus, on the night he was betrayed, took bread, 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.' 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.' For whenever you eat this bread and drink this cup, you proclaim the Lord's death until he comes."

We eat at his table to remember. We remember the sacrifice Jesus made for us. We remember that, through the new covenant, we are saved not by works but by the grace of the Lord. We remember the promise we made to follow him, and we open our hearts to his instruction. We examine ourselves each time we approach his table because remembering is not a onetime task but a process of coming to Jesus again and again and again with a thankful heart.

*Dear Heavenly Father, thank you for your body which was broken for us. Thank you for the salvation you have granted us by faith through your grace and not by works. Thank you for your table where you remind us to come to you. I pray that as we each examine our own hearts that we find ourselves able to accept your love with openness and gratitude, and that we also find ourselves ready more than ever to follow you completely. In Jesus's name we pray. Amen.*

*Dear Heavenly Father, thank you for the blood that was shed for our sake. Thank you for the new covenant you made with each of us at the death and resurrection of your son Jesus. I pray that we are reminded of the relationship that you desire to have with each one of us. And I pray that we are ready to pursue that relationship with a genuine and active love for you. In Jesus's name we pray. Amen.*

NOW A JUNIOR STUDYING COMPUTER SCIENCE AT HARDING UNIVERSITY, **ANNA CROWDER** IS A MEMBER OF THE MONTGOMERY BOULEVARD CHURCH OF CHRIST IN ALBUQUERQUE, NEW MEXICO. AFTER SHE HAD HEARD A PREACHER DO A SIMILAR MEDITATION, THE IDEA OF EXAMINING ONESELF STUCK WITH HER AND SHE WAS INSPIRED TO DO THIS ONE (AKCROWD6@GMAIL.COM).

