

When I think about the agony as Jesus prayed before the crucifixion (Matt 26:36-44, Mark 14:32-40, and Luke 22:39-45), I think not only about him anticipating his pain and death, but also that he will have to bear the weight of our sins. Perhaps He is looking with horror at the evil in the world – how badly we treat each other. And I think that maybe part of His agony is that he is looking with horror at my heart.

The writer in Hebrews 10 talks about how we can come into the presence of God with confidence through the cleansing power of Christ's blood (vs 19). Then he follows this with the fact that we ought to work hard to encourage others (vs 25), and build them up into the same position of strength with their Lord. When we partake of the Lord's Supper, it should be with His entire body (1 Cor 11:29) in mind. This includes the earthly body, which is the church. We should leave this communion with a heart to treat each other better.