

Most people don't really care much for physics, and I can see their eyes glaze over when I talk to them about it. But almost everyone from children on up know one equation: $E = mc^2$. They may not understand it, but they know it because it is probably the most well known physics equation in the world. It is beautifully simple, yet it represents the entire power of the universe. But as any physics student can tell you, there is plenty of background material (a foundation of other equations) that lies underneath to support it.

The cross is also a well-known idea; probably the most well known religious symbol in the world. We may understand it at the top level, too, as showing God's love for mankind. But once again, it is a simple icon that represents in infinite depth of meaning. We tend to gloss over it by just "checking in" with the symbol without thinking about the full power of God's love for each one of us. Just as a physicist must be able to follow the derivation of Einstein's simple formula from many other basic principles, as Christians we must be striving to be able to embrace in our hearts the overwhelming beauty of God's love in giving His Son to die for our sins.

This communion that we participate in uses other symbols to remind us to plumb the depths of that story, and to help involve us in a continual, every day response to it. We don't want our eyes to glaze over about this.