**Uniting Communion and Worship**

**Hebrews 13:15 - “Through Him, therefore, let us constantly *and* at all times offer up to God a sacrifice of praise, which is the fruit of lips that thankfully acknowledge *and* confess *and* glorify His name.”**

**Romans 12:1 (Amp) – I appeal to you therefore, brethren and beg of you in view of [all] the mercies of God to make a decisive dedication of your bodies [presenting all your members and faculties] as a living sacrifice, holy (devoted, consecrated) and well pleasing to God, which is your reasonable (rational, intelligent) service and spiritual worship.**

Praise comes naturally for us when it costs us nothing, we find it easy to praise God when things are good when we blessed, prospering and helped by God.

 **Isaiah 29:13 - “The Lord says: These people come near to me with their mouth and honour me with their lips, but their hearts are far from me. Their worship of me is based on merely human rules they have been taught.**

The bible calls for a SACRIFICE of Praise

Real Praise and worship should continue regardless of circumstances.

The Sacrifice of Praise comes from a humble heart that has been changed and purified by Jesus.

It rises from a Spirit that has chosen to honour God in spite of the pain and hardships that life is causing.

**Psalm 51:16-17 - “16You do not desire a sacrifice, or I would offer one. You do not want a burnt offering. 17The sacrifice you desire is a broken spirit. You will not reject a broken and repentant heart, O God.**

Communion and worship are integral parts of Christian practice

**Communion is an act of worship** (1 Corinthians 11:24)

Remembering Christ's sacrifice, we honour Him

Our gratitude and humility are offerings to God

**1 Corinthians 11:23-26** -**23**“For I received from the Lord Himself that which I passed on to you [it was given to me personally], that the Lord Jesus on the night when He was treacherously delivered up *and* while His betrayal was in progress took bread,

**24**And when He had given thanks, He broke [it] and said, *Take, eat*. This is My body, which is broken for you. Do this to call Me [affectionately] to remembrance.

**25**Similarly when supper was ended, He took the cup also, saying, This cup is the new covenant [ratified and established] in My blood. Do this, as often as you drink [it], to call Me [affectionately] to remembrance.

**26**For every time you eat this bread and drink this cup, you are representing *and* signifying *and* proclaiming the fact of the Lord’s death until He comes [again].

**Worshiping through Remembrance**

Communion reminds us of Christ's love (**John 3:16**)

We recall His death, burial, and resurrection

Our Memory fuels our worship, inspiring us to praise

The Table Prepares Us for Worship

**Psalm 100:4-5 -“4Go through his open gates with great thanksgiving; enter his courts with praise. Give thanks to him and bless his name.
5For the Lord is always good. He is always loving and kind, and his faithfulness goes on and on to each succeeding generation.**

We examine ourselves, confessing sin.
**1 Corinthians 11:28 - That is why a man should examine himself carefully before eating the bread and drinking from the cup.)**

- Purified, we approach God with clean hearts

We must live as continuous worshipers, fuelled by communion

Lord, may our communion deepen our worship

Help us remember Your sacrifice and love

Unite us as one body, worshiping YOU.