

The concept of communion involves an intimate sharing, and what we do here is critical to build our relationship with Christ. But as a part of this communion we are also building relationships with each other, as it connects us all in Christ and the love that He has for us.

A few years ago, Soozie's youngest son Jeremy was worshipping with us here. This was back in the old days when we passed the emblems around. Jeremy had some anxiety issues at that time and his hands shook rather badly. As the plate with the communion bread was passed to him he asked me to help him hold the plate steady. I did so, with that and with the fruit of the vine as well.

It has occurred to me that this represents the power of the communion. The instant I grabbed the plate, my hand shook too, but his hand shook less. It took the fellowship of communion to keep things steady.

We all need someone to hold our hand in the struggles of life. And so together as the body of Christ we help stabilize each other and thus, the church.

This, I believe, is part of Christ's plan for unity. We are all spiritually unstable: we need a powerful steadying force or foundation, and that foundation¹ is Jesus Christ, the Rock² of Ages. Let us then take part in this communion with Christ as a united body based on that Rock.

1. Matthew 7:24-25 and Luke 6:47-49
2. 1 Corinthians 10:3-4