

## Stillness

Pastor Jason Ishmael

Scripture: 1 Corinthians 11:26-29 (NIV)

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**FOR WHENEVER YOU EAT THIS BREAD AND DRINK THIS CUP, YOU PROCLAIM THE LORD'S DEATH UNTIL HE COMES. – 1 CORINTHIANS 11:26 (NIV)**



Examine yourself:

We tend to avoid quiet and self-examination:

*The only thing that consoles us for our miseries is diversion. And yet it is the greatest of our miseries. For it is that above all which prevents us thinking about ourselves and leads us imperceptibly to destruction.*

- Blaise Pascal



What communion is *not*.

"Pack your bags, we're going on a guilt trip."



What are we doing at communion?

**AN ANNOUNCEMENT | 1 CORINTHIANS 11:26 (NIV)**

**LOOK IN AT YOURSELF | 1 CORINTHIANS 11:28 (NIV)**

**LOOK UP AT JESUS | 1 CORINTHIANS 11:29 (NIV)**