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## Thank You Notes

### Part 5 – Thank You Father for Saving Us From Wrath

Pastor Ted Cunningham

This is Sunday, a great day for us to check our inbox, do some personal stuff, catch up on thank you notes. Do you mind if I catch up on my thank you notes? Bobby, could I get a little thank you note writing music please? These are going to have a Christmas theme to them because it's just been a good couple of weeks.

Thank you, ugly Christmas sweaters, for making cat owners look even more creepy this time of year.

Thank you, friend who still sends me a Christmas card even though I don't send you one; it reminds me every year that our friendship means more to you than it does to me.

How many of you feel that though, honestly? It's like you feel bad every time you go to the mailbox. If you used to do Christmas cards, but you no longer do, would you raise your hand? Just send them an email; it means just as much.

Thank you, Elf on the Shelf and Pinterest, for the fun mornings in December and for the pressure parents feel to make a creepy doll look witty so they can look creative on Facebook.

Thank you, door puller, for allowing me to use my foot to open the bathroom door. You have resolved my anger towards the 30% of men who don't wash their hands after using the restroom.

Thank you, Shay Robbins, Adam Donyes, and Joe White, for wearing Under Armor and Nike when you preach. I love that you consider preaching a sport.

Thank you, Bass Pro Shops, for supporting our second amendment rights and stocking our freezers. You remind liberal animal rights activists everywhere that we do not hurt or wound deer in the Ozarks. We shoot them, eat them, and mount them on our walls.

How many of you got your deer? How many of you don't have your deer and you don't really pay much attention to the seasons. Okay, I just want to make sure, because I'm still hearing gunshots. Are we out of gun season? No? When does gun season end, Jeff? You don't care, do you? Okay, I found one right there.

That's it for thank you notes. Help me thank Bobby and R.P. for doing such a great job this season.

We're in 1 Thessalonians 5 and we're going to pick up where Shay left off last week. He talked about the rapture. Paul said, "I don't want you to be uninformed about those who have fallen asleep. We will be gathered with them in the air to meet the Lord." We call that the rapture.

If you're brand new to this series, we've been going through the book of 1 Thessalonians. It's a letter that's written to new, young believers. Timothy brings a report to Paul about their faith and Paul is very encouraged about their faith, but he has to wrestle with and explain some things, and he does it in a very pastoral, fatherly tone. He says, "I'm encouraged by what I hear about your faith." He's challenged by it, but talks to them about leadership, he talks to them about end times, he talks to them about moral purity. He covers doctrine and he covers practical application. Today we are going to end in Chapter 5 and we are thanking our Father for saving us from wrath. We are going to talk about how it's all going to end.

We are fascinated today with end times. I went into Books A Million yesterday and right as I came down the main aisle, there was a magazine and it said Doomsday. There's a Doomsday magazine. I picked it up and started flipping through it and it freaked me out a little bit. There were people in their writing... I don't know if you know what I'm talking about when I say this, but it was like they were excited for the end. In many ways, they were hoping it was going to be a whole lot worse than it actually will be. Does anybody know what I'm talking about? It's like they are preparing and making rooms and stocking up and getting ready for the end.

That's not the tone we are going to get today, and it's not the theology of what we are going to get today. We are going to talk about what you need to do to be ready for the end times and it's one question you need to ask. Have you placed faith in Jesus? Is Jesus your savior? If you would answer that yes or no, here is the big question we are going to wrestle with.

### **Why should I study prophecy?**

Why does it matter to know how it's all going to end? Why is this even important? To be honest with you, this week, when I was reading and studying, I was thinking about the person who has no exposure to what we call eschatology. Eschatology is the study of end times. The person who has never studied it or never been to a Sunday school class or never been in a church where it's been taught... It's like how do we start?

Some churches will spend years teaching through this. I want to put this on a level that you leave today going "Okay, I need to be aware; I need to know; this is important for me to study." We want to deal with the why. There are three reasons why you should and a reason why you shouldn't study eschatology or the study of end times. I'm going to take these four... I've paraphrased them from the commentary of Hampton Keathley. His is a commentary I go to quite often and couldn't improve upon what he said, so we are taking those and using them for this question being answered right there.

### **Knowing prophecy comforts, encourages, and gives hope where there would normally be no hope.**

Knowing prophecy will calm you down a little bit, as you watch Fox News. I promise you. You shouldn't get all worked up. You're watching and you're thinking *I know what's happening here; this makes sense.*

How many of you think our country and our churches today could use a little good news and some hope? We're living in a time where we need it. And the study of prophecy is going to comfort us. I should understand end times events so when I see and hear the news, I know where we're headed; I know where it's going and it's not shocking.

**Knowing prophecy protects Christians from the counterfeit strategies of Satan and the world system that is under his control.** Shay mentioned this a little bit last week about knowing the difference between real and counterfeit. You want to be able to hear things and know they are not true. To be honest with you, in Branson, I have had a lot of people come up to me and ask me questions that I don't have a clue as to what the answer is. I've had folks here at Woodland Hills, who have been at Woodland Hills for a number of years, come up and ask me what I think about the Mayan calendar. I don't own one. I use a 365 day... If you really want to know, it has scripture verses on it. They will bring dates to me, telling me when things are going to happen. They are all worked up. Just calm down; you don't need to be stressed. I hope you get that in the tone of Paul's writing today. He's calming them.

When you read 1 Thessalonians 4, starting in Verse 13, all the way through, you're encouraged. He's helping them to be informed about death – those who are believers in Christ Jesus who died. To me, it's like a dad talking to his son. He's encouraging him and comforting him. I encourage you to run from the person who tries to get you all stoked up on this stuff. A room in your house is not going to protect you from the coming wrath. Buckets of food aren't going to prepare you for the coming wrath. I know where I'm at and you know where I stand on this, but you're guns aren't going to protect you from the coming wrath.

You're like "Oh, you had me up until that one right there. Now I'm not with you." Listen, we believe in gun control at Woodland Hills. We do; we're going to write it into our constitution. We believe gun control is using both hands. We have the guy with his arms crossed in disapproval sitting next to the Bass Pro Shop guy in his camo, clapping his hands; that's what I love about this church. Liberals get in every now and then.

**Knowing prophecy motivates Christians to holy living.** We are going to see it today. We should be anticipating the return of the Lord Jesus Christ. We should be excited about it and, as we will see in the text, we should be living our lives that we would be found holy and blameless on that day. We should be moving toward that. This should impact the way you live when you study end times.

**Knowing prophecy is not for the purpose to satisfy our curiosity or an urge for the sensational.** I have a lot of friends like this in ministry. They only study it to debate and argue and fight people. There is a practical side of knowing prophecy that it should motivate us to see how many people we can take with us. I'm not as concerned about seeing if I can keep the Titanic afloat; let's see how many people we can save before the Titanic goes down. That's a better thought. We get all sorts of bad theology about the way the world will end.

I had a gentleman come up to me a couple of months ago and he was in tears because he thought this was our last week on earth. Listen, I want to go today. When I'm watching Fox News, my prayer is "Dear Jesus, come now!" I'm done. I would love for him to come in the middle of sermon prep.

We should be living in anticipation. If I knew the Lord was returning in six days, I would be excited. But for some, when they think about the world ending, they are filled with dread.

I hope the words from scripture today encourage you. I hope they comfort you, because maybe you've been watching too many movies. You want me to tell you how the world is going to end and you want specifics. Well, let's just walk through some movies and see how it's not going to end.

This is Independence Day – I promise you it won't be aliens. Remember the great line: "Mr. President, they're using our satellites against us." How many of you have heard that Independence Day 2 is coming out next year and you're excited about it? My wife says she ain't going. She thinks it's one of the dumbest movies she's ever seen.

This is World War Z – Some of you are going "Ted, don't be ridiculous; we're not going to be taken out by aliens. We all know it's going to be zombies." And we know the only people that are going to survive are beautiful people with nice hair. I had to show this one because I get compared to Brad Pitt the most. I am mistaken for Brad Pitt a lot. It's a crazy movie, right? I love this because... Amy's like "Don't make me see another stupid movie." I tell her it's research. You have to have research so we know what we're talking about and dealing with. She hated it. She said it was the dumbest waste of money we ever spent. You know the zombies click their front teeth together. All I have to do to have a good time at night, as we are falling asleep, is I inch over on the bed a little bit and I get right in her ear and all I have to do is click my teeth together in her ear and it freaks her right out.

I Am Legend – Will Smith is the only guy left on Manhattan. We saw this at the IMAX with Andy and Stephanie Watson. It was a crazy movie. About halfway through and during one of the worst scenes, Stephanie Watson turn about to Amy and I and goes "I thought this was a movie about a golfer!" It was at the same time that the Legend of Bagger Vance was out.

So it's not aliens, it's not zombies. Some of you are saying it's a flood. Well, we know we have a rainbow to tell us it's not that.

The Day After Tomorrow – Is it going to be an ice age? The ice caps are just going to... We're all going to be taken out and go back to being in the woolly mammoth stage.

The Core – Now this could happen. The center of the earth stops spinning. But we have a solution for this and I think it's a very viable solution. All you have to do is send terranauts down into the center of the earth with nuclear bombs, and they have to be set off just right and the whole thing gets spinning again and the world is safe. Not that one.

Armageddon – Some of you are thinking we're getting more realistic and this one could happen. Just send up a space shuttle to land on an asteroid, drill 800 feet holes, and put a nuclear bomb in it. That can happen, right?

Deep Impact – this is my favorite one. I actually enjoyed this one because it's not gratuitous in my opinion and it wrestles with the ethical questions like who goes and who stays, who lives and who dies.

You watch people really wrestle emotionally and relationally with the end coming. We've been told the end is, in this case, two years out. How are we going to live? When I watch those movies, I'm thinking this is so practical for us. We know Jesus is returning. How will we live between now and then?

So if it's none of those ways, how is it? Let's look at what Paul shares in 1 Thessalonians 5 and give you clear understanding of prophecy. Now, there are hundreds and hundreds of details being left out of this morning's talk because we just don't have time to go through them. I want to give you an overview of what Paul is referring to when he speaks about the day of the Lord.

1 Thessalonians 5 – **1 Now, brothers and sisters, about times and dates...** About seasons, about the way it's all going to go down. **...we do not need to write to you, 2 for you know very well...** Now this is important to understand because in the last chapter he said, "We want you to be informed; we don't want you to be uninformed, so I'm going to share with you about the rapture and I'm going to share with you about what happens to believers who have fallen asleep." Almost every scholar agrees that in this first verse, he's speaking to the fact that he instructed them well about end time events. He instructed them when he was with them and he's not going to write about it because they know.

**...that the day of the Lord...** The day of the Lord is an expression; it's a term used in the scripture. In the Old Testament, "the day of the Lord" is used some 20 times. "The last days" is referred to in an eschatological sense some 14 times and "in that day," referring to the day of Lord, is used over 100 times in the Old Testament, speaking of this time of God pouring his wrath out upon the earth.

**...will come like a thief in the night. 3 While people are saying, "Peace and safety..."** You see this in Europe. That's brining the nations together; let's all be one. We're going to have a leader that comes on the scene that rallies everyone together for a period of peace.

**...destruction will come on them suddenly, as labor pains on a pregnant woman, and they will not escape.** Now I want to leave it here for a second because this is very important. It's a small detail, but so important in understanding the scripture. Looking at the pronouns here, you have to see when Paul is speaking to a believer and when he's speaking to a non-believer. As he's speaking about wrath being poured out upon the earth, he's using the term "they" speaking of those who have not placed faith in Jesus. They will experience the wrath, they will experience this period of destruction upon the earth. This time of God pouring out his wrath on all nations, including Israel. The pouring out his wrath on his enemies and restoring Israel to himself. This is the time around the day of the Lord and it's very important to understand. He says they will not escape.

### **What is the day of the Lord?**

What does that term mean and how do we apply it? It's his great wrath on all nations, including Israel. It's the overthrow of God's enemies. If you're a student of prophecy, you know than in Daniel 9, we refer to this as Daniel's 70<sup>th</sup> week. I want to show it to you on a line, on a chart. We are going to put this online. If you Google this or ask Siri, you won't have enough time today to go through all the charts that will be thrown at you. This one is going to be the simplest of all of them that you will see.

Today, you and I are living in the Church Age. We've taken the Book of Revelation, the very last book of your Bible, and we've taken the chapters that relate to each of these time periods that we're talking about. I encourage you to go home, read the Christmas story, and then jump right into Revelation. That's what I recommend because knowing this should be a comfort to each and every one of us.

This is the cross of Christ. This is the death and resurrection of Jesus. We read of the seven churches in Revelation 2 and 3. Shay spoke of it last week, the rapture of the church. It's very important to see this on a line because I believe in a pre-tribulation rapture. Can you and I be friends if you are a post-tribulation guy? Yes. You have to believe in the second coming of Jesus. Every follower of Jesus should believe Jesus is returning. I believe 1 Thessalonians 4 and 5 clearly spell out that we are safe from the rapture. We are going to see it in Verse 9. But we are in the Church Age and we are waiting, as Shay talked about last week in 1 Thessalonians 4, for the rapture, for Christ to come and get his bride.

It's one of my favorite pictures in a wedding. I love a wedding. I have the best seat in the house at a wedding; I stand right in front, looking down the aisle. We've had some fantastic weddings at Woodland Hills over the last several months. I get to stand right here and the groom is right here to my left. There are the groomsmen and the bridesmaids. When that moment comes, the doors are closed... We have barns here in the area that have a barn door that flies open. It's the moment we are all waiting for. I get to step out with a pastoral tone in my voice and say, "Please rise." Everybody rises and we all turn... Everybody turns and faces the door. I love how they do it at Integrity Hills too. They burst open those big doors... I always tell the wedding coordinator to make a spectacular bursting open of the doors. We want the doors flying open because when we see the bride, it's a big time.

The groom is kind of jittery standing next to me. I always like to crack jokes with them and say things, but he's just like "Man, there she is. We've been waiting for this day." She walks down with her dad and stands there. This is my favorite thing to say to a groom. I lean over and say, "Go get her." He looks at me and I say "There's a guy standing there; he'll be gone in just a second. I'm going to ask who gives this woman to be married to this man and he's going to say 'Her mother and I' and then he's going to sit down; go get her."

That's the rapture. The moment is coming and it could be any moment. It could be any moment that the Father looks at his son and says, "Go get her. Go get her." You and I should be anticipating this day. We should be excited about this day. We don't need to be reading the books and figuring out how we are going to survive. You have to settle this: Do you know Jesus? Have you placed faith in Jesus? Don't stress about having enough food to make it for the next seven years. Have you placed faith in Jesus? We are going to be raptured out.

This is where we're at in this text. This is last week – chapter 4. It's the tribulation, Daniel's 70<sup>th</sup> week. The tribulation is the day of the Lord, God's wrath being poured out upon the earth. It's split into two parts, 3 1/5 years each, followed by the great tribulation – 3 1/5 years of terrible destruction upon the earth. At the end of that 7 years, you and I... Carson and I love talking about when we return with Jesus at the second coming of Christ. This is the battle of Armageddon. Satan will be bound, enemies wiped out and we will reign upon the earth with Jesus for 1,000 years. We read about it in Revelation 20.

My post tribulation friends would say this needs to be moved to here and we are going to be caught up in the air with Jesus and return immediately for the second coming. But I believe very clearly and I hope to show it to you as well, that we are raptured out. This great wrath is poured upon the earth, and we come back with Jesus to reign on earth in what we call simply the millennium, 1,000 years upon the earth with Jesus.

I want to share with you what one scholar says. Jeffery Miller puts it this way. *God's wrath is a terrifying thing.* He's speaking here directly of this 7 year period, the day of the Lord, the tribulation, that 7 year period between the rapture and the second coming of Christ. *And nothing in all of our experience can compare to the dread of being on the receiving end of it.* Look around the world; watch the news. You're saying it can't get worse. Yes, it can. I would submit to you that this is nothing compared. *God's wrath is never poured out on innocent people. Instead, it's recipients are those whose sin is not covered by the blood of Jesus. Humanity is becoming more and more sophisticated in its ability to rebel against God. And his holiness demands a just payment for sins.*

I'm going to stop right there. I know I don't need to give commentary to another man's commentary, but with all that's been going on this past week, I've had many pastor friends who I just watch in the tweets and Facebook and I'm thinking how my generation is becoming very clearly pacifist. We're putting aside evil being judged. This payment for sins is God's holiness we are speaking of. This is why when you read in Romans 13, where it speaks of the governing authorities, the governing authorities, including our president of the United States are servants of God. They are called to punish evil, plain and simple. People will ask me who I'm voting for president. I am going to vote for the person that I believe punishes evil the best. The scripture calls them agents of wrath. Our publically elected officials are agents of wrath, punishing evil. In one translation... This is now my son's new favorite translation. In this translation, they are not called agents of wrath; they are called avengers. They are called to bring God's wrath on evil men.

Jeffrey Miller goes on to say... *Unbelievers, Satan, and this fallen world will be showered in God's wrath during the seven-year tribulation period. God's act of pouring out his wrath on sinful earth while tragic, will summon praise and worship from his saints, who admire God's quality of holiness above all others.*

Watch those pronouns as we jump back in to Verse 4. ***But you, brothers and sisters, are not in darkness so that this day should surprise you like a thief. 5 You are all children of the light and children of the day. We do not belong to the night or to the darkness. 6 So then, let us not be like others, who are asleep, but let us be awake and sober. 7 For those who sleep, sleep at night, and those who get drunk, get drunk at night. 8 But since we belong to the day, let us be sober, putting on faith and love as a breastplate, and the hope of salvation as a helmet.***

Verse 9 is a key verse and if you believe in the post-tribulation rapture, you have to wrestle with Verse 9. You can't dismiss it. You have to wrestle with this verse that John Walvoord hangs so much on and we will see his quote in a second. ***9 For God did not appoint us to suffer wrath but to receive salvation through our Lord Jesus Christ.*** And all God's people said... Amen. ***10 He died for us so that, whether we are awake or asleep, we may live together with him. 11 Therefore...*** Now this is the tone. You take the good theology and you make sure you're not bringing fear into the lives of believers.

I say run from any teacher or pastor that teaches end times to scare you because this is what Paul says to the new believers. **...encourage one another and build each other up, just as in fact you are doing.** Be there for one another. This isn't about pedaling products; this is about making sure people know and are clear with what's going to happen.

If I had only one scholar to read the rest of my life when it comes to eschatology, it would be John Walvoord. He's home with the Lord now. The joke is that all of his charts are completely figured out now. This is what he says. *This earthly wrath does not pertain to those who are in Christ. Their meeting with Christ will be in the air (1 Thessalonians 4) and separate from God's dealing with those on earth.*

Let me take you back to 1 Thessalonians 4 where the gospel was clearly presented about how we mourn. We don't mourn the death of a believer like ordinary men. We mourn with hope. This is exactly what Paul said.

### **We believe Jesus died and rose again.**

That's the question and the answer. That's what you have to settle today when you understand all of this.

### **We are now informed and settled and do not fear death or wrath.**

We are now informed with how it all is going to go down. It's not going to be aliens or zombies. I don't need Brad Pitt to swing in and save the day. I'm settled. I'm not panicked. I'm not worried. I'm not stressed. Some of you who are newsaholics, I hope you just begin to find peace in understanding all of this and knowing we believe Jesus died and rose again. We are informed, we're settled, and we know how it's all going to happen. We're waiting and we're anticipating the day when the Father turns to his son and says, "Go get her. Go get the church. Go get your bride." We do not fear death or wrath.

I don't have a special room in my house with a special lock on it. I have friends who do; that's where I'll run if I'm wrong about this whole pre-tribulation. That's a joke and that's bad, but again... See, you just laughed at eschatological humor. That's good.

Now this is important when you get to the end of Chapter 5 and the end of this whole letter, you get what we often skim over in our Bible reading plans and in our daily devotionals and it's the final instructions. If you're not careful, you'll just kind of read through that because you just fire off these bullet points. I'll be honest with you, I studied more this week on the prophecy of Chapter 5 than I did on the final instructions and by Thursday, when I had poured over commentaries and read through the stuff, I was pretty fired up. I was ready for it to be today. Lord, please come back. As I turned on the news, I prayed, "Oh, let it be tonight. Let me be literally out in a field with a guy and I'm gone."

Then, when I read the final instruction, I had a completely different tone. It wasn't like I just finished reading Our Daily Bread and now I'm reading for final instructions; I'm anticipating the return of my Lord, Jesus coming for his bride. We will watch his wrath, the payment of sins being poured out. I wish we had time to go into all of it, but we don't.

But I was getting fired up and then the instructions came. I started to realize this was a lot like a coach in a locker room. I've been in some locker rooms and heard some locker room talks. They fire me up. I'm not going to do a whole lot with what the guy says because I'm not the one actually playing, but I'm ready to go.

I've been invited to speak to some teams before. I listen to the coach beforehand and it changes the way I teach if I come after him. They've learned to not let me go last. I usually go first because I bring everything down and then the coach comes back in and brings them up to send them out on the field. But I've watched those talks and I wonder what the best locker room talk could be because I believe that's the tone in which we should read the final instructions in 1 Thessalonians 5. We know all about how we should be living holy lives and how we know the Lord is returning for the church and we know he is going to take care of all of this when his wrath is poured upon the earth... we know all of this. Now what do we do with it?

I was going to try to memorize this and give it to you, but my coaching moments aren't all that convincing. You've probably seen this play out a time or two in the movies, but I know it's happened where the player goes out and scores a goal for the other team. Everybody pick on him, but I could totally see that happening. You get so fired up in the locker room that you don't know which way you're going when you get out there on the field.

I found this clip and this is my favorite. It's West Virginia Head Coach Bill Stewart. It's the 2008 Fiesta Bowl. They are playing Oklahoma. It's a two-minute clip. He's firing up the team and the only reason I want to show you this is because they've had their practice, they've gone over their charts on the board, they have everything going with the Xs and Os, and they are moving things around. They've done it all and now he's getting them ready for game day. I believe this is the tone in which we read the final instructions in 1 Thessalonians 5.

[Video clip plays] <https://www.youtube.com/watch?v=X93x8wOivFA>

That's the tone because you are going to see these rapid-fire final instructions are hard to outline. Our thank you notes are going to be within these final instructions. Let's read it with enthusiasm. It's not about leaving here and we all go stand in the parking lot and wait for this happen. We've got stuff to do as we anticipate the Lord's return.

***12 Now we ask you, brothers and sisters, to acknowledge those who work hard among you, who care for you in the Lord and who admonish you. Be thankful for those who are encouraging you and challenging you in the faith. 13 Hold them in the highest regard in love because of their work. Live in peace with each other. 14 And we urge you, brothers and sisters, warn those who are idle and disruptive... We have no problem doing that at Woodland Hills. We don't want idleness, we don't want the disruption; we have work to do. ...encourage the disheartened, help the weak, be patient with everyone. 15 Make sure that nobody pays back wrong for wrong, but always strive to do what is good for each other and for everyone else.***

**16 Rejoice always, 17 pray continually, 18 give thanks in all circumstances; for this is God's will for you in Christ Jesus.**

**19 Do not quench the Spirit. 20 Do not treat prophecies with contempt 21 but test them all; hold on to what is good, 22 reject every kind of evil.**

**23 May God himself, the God of peace, sanctify you through and through. May your whole spirit, soul and body be kept blameless at the coming of our Lord Jesus Christ. 24 The one who calls you is faithful, and he will do it.**

**25 Brothers and sisters, pray for us. 26 Greet all God's people with a holy kiss. 27 I charge you before the Lord to have this letter read to all the brothers and sisters.**

**28 The grace of our Lord Jesus Christ be with you.** And all God's people said... Amen.

We are going to take the Lord's Supper today because we are called to be reminded of the death of our Savior, and we are grateful for it. We are to do this to proclaim his death until the Lord returns. If you are not a believer in Christ Jesus, I honestly hope that today is the first time that you take the Lord's Supper. The non-believer can't take the Lord's Supper. The scripture says you would be drinking judgment upon yourself. If you've not placed faith in Jesus, we encourage you not to take it, but what we really would love and our desire would be that today would be the day that you place faith in Jesus Christ. The worry you have, the fear you have of wrath, of death you have is settled in the person of Jesus.

As we pray and thank the Lord for his death for the forgiveness of our sins, this would be the time for you to say, "Lord, I want you as my savior. I confess my sins to you. I am done being in charge of my life; I want you to be my Lord and Savior." If you pray today and place faith in Jesus, we invite you to take the Lord's Supper with us. It's also a time for believers to examine hearts. So I'm going to pray and I'm going to give you a moment.

Father, it is in the name of Jesus that we thank you for the death of Jesus. We believe Jesus died and rose again and today, as we take the Lord's Supper, we recognize the death of our Savior, his body, and his blood. We do not take this lightly. We confess our sins before you. Our desire is to do this to proclaim the Lord's death until he returns.

It's in the name of Jesus that we pray it.

Take a moment to examine your heart and thank the Lord for his death for you.

Paul says this in 1 Corinthians 11: 23-26 **23 For I received from the Lord what I also passed on to you: The Lord Jesus, on the night he was betrayed, took bread, 24 and when he had given thanks, he broke it and said, "This is my body, which is for you; do this in remembrance of me."**

**25 In the same way, after supper he took the cup, saying, "This cup is the new covenant in my blood; do this, whenever you drink it, in remembrance of me."**

**26 For whenever you eat this bread and drink this cup, you proclaim the Lord's death until he comes.**