



Thrones
Leveraging Authority to Help Others Win
Part 2 – Every Sheep Needs a Shepherd
Adam Donyes

Last week, we started a new series called *Thrones*. I love the subtitle that Ted picked for this – *Leveraging Authority to Help Others Win*. If you didn't see Ted's sermon last week, you need to go back and watch it. He did a phenomenal job setting up the tee and kicking off this series, Thrones.

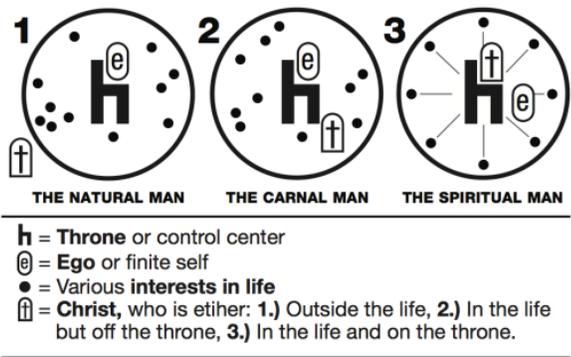
Authority and leadership are two different things. Just because you have authority, doesn't mean you are a good leader. You can be a mom and you have authority over your kiddos. You can be a husband and you have authority over your family. You can be a boss and you have authority over your employees. You can even be an older sibling and have authority over your younger siblings. That doesn't necessarily make you a good leader.

For me personally, as I lead people, how do I leverage authority to be a good leader? When I think about leadership and who great leaders are, I constantly have to check my own pride and my own sinfulness. When authority has been granted to me, that doesn't assume that I'm a good leader.

So, what does that mean collectively for us as a Woodland Hills body? What does it mean to leverage the authority we've been given? All of us have the opportunity to jump in and serve. There are so many people that leverage the authority they have to lead and serve others. That's actually what we are going to talk about – servant leadership. That subtitle that *Every Sheep Needs a Shepherd...* We are all sheep, which we will get into more.

As Ted used this name *Thrones* for this series, I actually loved the name and it brought me back to my college days. I became a believer when I was a sophomore in college, but then after that, I met with Campus Crusade Director Rick Snell. He pulled this picture out on me and I thought this would be a great example to show.

I think all of us fit in here. Here's the throne that most of us would say that Christ belongs on. He should sit on that throne. But, when he gets off that throne is when everything in our life just gets crazy. Sometimes we don't even realize that we've removed Christ from the throne and put ourselves on the throne.



So, this first one is the natural man. No relationship with Jesus. Maybe you've heard of him. Maybe that's you and you walked in here today and you kind of had this idea of God and had this idea of Jesus, but you wouldn't really say you have personal, intimate, growing relationship with him. So, obviously, you would place yourself on the throne because that's what everything in culture tells you – it's all about you. Have it your way. Nike ID, Amazon one click, whatever it is... Everything in your culture says it's all about you, so you easily put yourself on the throne

because that's what the world tells you. Then you have all these other interests in life. That's what the black dots represent. You have these other interests and things you want to chase and your dreams and your 401k and everything else.

Then there's the carnal man, which is definitely where I was when Rick Snell showed me this. This is where you still keep yourself on the throne. Christ is in the picture, but you don't want him to be leading every decision of your life. "I want to lead how I want to lead. I want to dictate how I want to dictate. I don't want him to tell me how to lead my family, I don't want him to tell me how to lead my business, I don't want him to tell me how to lead my life. I have all these other interests and Jesus just kind of fits somewhere in those interests." How many of us is that this morning? "There's this throne and I want to keep myself on the throne. I don't want to surrender everything that I want so, Jesus, just remain as an interest, but not someone who is on the throne of my life because that means I would have to surrender a lot of these interests that I know aren't actually biblically aligned."

Then there's the spiritual man or the spiritual woman. That's where Christ rests on the throne, we get to sit at the foot of the cross, at the foot of His throne, and he gets to lead and guide us.

That's what we're looking at today when we're talking about *Thrones*. The topic that Ted gave me was servant leadership or the leadership we see in Jesus. We've seen a lot of leaders come and go, but if you think about the effectiveness of Jesus' leadership, which was a servant leadership, arguably, no leadership has had more of a lasting impact than Jesus Christ's. None!

It's amazing, in our social media world, how consumed we are with the amount of followers we have. Think about this for a second. Hitler had millions of followers. Jesus had twelve. But, he did it in such a servant way that his ripple effect of leadership is greater than any human being to ever walk the earth.

Check out this video:

[video begins]

Have you ever wondered what you would do to frighten Lazarus after he'd been raised from the dead? What would you do to threaten him? "Lazarus, I'm gonna' kill you?"

Caligula says, "I'm going to kill you."

He says, "Ha, ha, ha."

He says "Stop ha, ha, ha-ing. I'm going to kill you as I'm killing all the Christians."

He doubles over in uncontrollable laughter, comes up for air and says, "Caligula haven't you heard? Death is dead! Death is dead!"

How do you frighten somebody who has already been there and knows the one who's going to let him out?

But just think of stepping on shore and finding it heaven, of touching a hand and finding it God's hand, of breathing new air and finding it celestial, of waking up in glory and finding it home. Ladies and gentlemen, your hope and mine in Christ is that one day, we will be with God. One day we will be with him.

We look back upon history and what do we see? Empires rising and falling. Revolutions and counter-revolutions, wealth accumulated and wealth dispersed. Shakespeare has spoken of the rise and fall of great ones that ebb and flow with the moon. I've heard a crazed, cracked Austrian proclaim to the world the establishment of a German Reich that would last for a thousand years. I've seen an Italian clown announce he would restart the calendar to begin with his own ascension to power. I have seen America more wealthier and in terms of military weaponry, more powerful than the rest of the world put together so that had the American people so desired, they could have outdone a Cezar or an Alexander in the range of scale of their conquest. Hitler and Mussolini dead, remembered only in infamy. Stalin is a forbidden name in the regime he helped found and dominate for some three decades. America is haunted by fears of running out of the precious fluids that keeps her motorways roaring and the smog settling. All in one lifetime, all in one lifetime, all gone with the wind.

Behind the debris of the fallings of our solemn supermen and imperial diplomatists lies the gigantic figure of one person because of whom, by whom, in whom, and through whom mankind may still survive: The person of Jesus Christ. Isaiah calls him Wonderful Counselor. Peter looks at him and says "You are the Christ, the Son of the living God." The Apostle Paul, Saul at that time, in Acts, Chapter 9 says, "What shall you have me to do, Lord." Thomas raised his hand and touched his side and said, "Thee my Lord and my God. Thee Lord of me, thee God of me." When Pilate looked at Him and said "Art thou the Christ?" He said, "You have said it." When the priest looked at Him and said, "Are you the Son of God?" He said "You are right in stating that I am the Son of God."

In John chapter 14 He says, "In my Father's house there are many mansions, if it were so not so I would tell you, I go to prepare a place for you so that where I am you may be also."

"Lord where are you going? If we don't know where you are going how are to find the way?"

"I am the way, I am the truth, I am the life. No man comes to the Father except through me."

"Show us the Father, Lord!"

“If you have seen me, you have seen the Father. Phillip, have you been with me so long and you don’t know that when you’ve seen me, you’ve seen the Father. I and my Father are one and he who believes in me greater things than these shall he do.”

[video ends]

So, I think we would be completely remiss to talk about *Thrones* and not place Him on his rightful throne. You can look at all these leaders, you can look at all these different people in history, but the reality is he is the greatest leader there ever was, he’s the greatest leader there ever will be, and he is going to be the greatest leader that will ever follow.

We are going to continue on where Ted left us off last week in 1 Peter 2. I’m going to read the whole passage and then we’ll go back and break it down. If you have your Bibles or you Bible apps on your phone, go ahead and follow along with me.

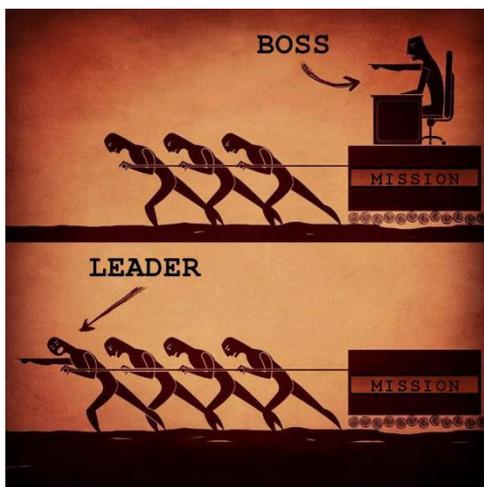
1 Peter 2 - ***21 For to this you have been called, because Christ also suffered for you, leaving you an example, so that you might follow in his steps. 22 He committed no sin, neither was deceit found in his mouth. 23 When he was reviled, he did not revile in return; when he suffered, he did not threaten, but continued entrusting himself to him who judges justly. 24 He himself bore our sins in his body on the tree, that we might die to sin and live to righteousness. By his wounds you have been healed. 25 For you were straying like sheep, but have now returned to the Shepherd and Overseer of your souls.***

Let’s start with that first passage. ***21 For to this...*** What is the *this*? The previous context talks about the unjust suffering of the elect that Peter was writing to in Pontus, Galatia, Bithynia, etc. And, indirectly, this is applying to us. ***21 For to this*** (unjust suffering) ***you have been called, because Christ also suffered for you, leaving you an example...***

Every moment as a mom, every moment as a dad, every moment as a boss, we leave examples. The question is: Are they examples that you should follow? Are they examples worth following? To cross reference, as a paraphrase, we see Paul say something similar in 1 Corinthians 11: 1. He says, “Follow my example as I follow the example of Christ.” Another version would put it this way: “Be imitators of me as I am of Christ.” I actually like that version better and here’s why. In essence, what Paul is saying is “Imitate the areas of my life that point you back to Jesus Christ, but give me grace in areas that don’t.”

I assure you that whoever your boss is, he needs grace. I assure you that whoever your husband is, he needs grace. I assure you that whoever your wife is, she needs grace. I assure you that every day I wake up, I need grace. As a friend of mine says, “None of us will ever be grace graduates.” We need grace every morning that we wake up and will continually need grace. So, point people back to Jesus Christ. Point them back to that example. Point them in that direction. Imitate us as we show you examples of Jesus, but give us grace in areas that we don’t. None of us are ever going to be Jesus. The next time you think so, try walking on water and see how that goes for you.

Here's one of the four nuggets I think we can pull from the this passage. **Servant leaders leave an example worth following.** Some of you are thinking, *Man, I wish my boss was here to listen to this sermon right now.* No, you're here. God wants you here this morning. If your boss somehow wonders upon it online, great, but you're here. You could say servant moms leave an example worth following. Servant siblings leave an example worth following. If you're an older sibling, I can't tell you how much... I'm a third child. You don't know how much I looked up to those other two, regardless of what they were doing. Servant dads leave an example worth following. Servant bosses leave an example worth following. Servant employees leave and example worth following. You put your name right there. As a servant, you leave an example worth following.



I have this illustration in my office and it constantly helps me and encourages me when I process leading people.

There's a boss and then there's a leader. Mom, dad, employee... is this how we react with our kids? Is this how we react with our employees? The scary thing is a lot of times, if we're not careful, we can see people as just a rung on a ladder. We can see kids as a rung on a ladder. We can see our agenda, our little black dots (back to the original throne illustration). All we're trying to do is step on them to elevate ourselves. So, this employee is just a means to an end and I want to elevate myself, so I'm going to do whatever it takes to step on him. What we are doing is fueling ourselves with pride. What happens is when that gets attacked

by anybody on Twitter, we think we have to react to it all the time because they are dethroning us from the throne we should never be on to begin with.

The question we have to ask ourselves today is "How many people in my life do I think are just a rung on a ladder? How many people in my life am I stepping to elevate myself?" By the way, this is the majority of the reason why we gossip. We gossip and we step on other people through our gossip because it elevates ourselves. Somehow, in the sick sinfulness of our hearts, we think by talking badly about others, we will be able to elevate ourselves because if they're this bad, then we're that much better. Do you see how awkward this is? And the view everybody else has of you when you elevate yourself... (Adam standing near the top of a ladder) It just stinks... literally.

Referring back to the graphic, the bottom graphic is Jesus, this was the example set for us by Jesus, the servant leader that he is. The top picture was never Jesus. You want to talk about leadership, whether it be in the home or in the workplace or whatever. You want to talk leadership that has a significant impact far greater than any other leader that walked the earth. This is it. This is the example he set for us.

In the passage that Ted eluded to last week, Jesus took a towel... He's leading these men and he's the King of kings, the Lord of lords. What does he do? He takes a towel, gets on his knee, and washes the dirt, the filth, and the mud off their feet. You talk about servant leadership.

Continuing on in 1 Peter 2, we see this: **22 He committed no sin, neither was deceit found in his mouth. 23 When he was reviled, he did not revile in return...** Gosh, I wish a person in power would meditate on that for a little while. ***...when he suffered, he did not threaten, but continued entrusting himself to him who judges justly.***

I don't know about you, but I know when people throw false accusations my way, my immediate response is to fight back on social media and do whatever it takes to get even. We don't see that in Jesus, do we? We don't see that in Jesus at all. We don't see that in this passage. As a matter of fact, when he was ridiculed and they hurled insults and falsely accused him, he had all the authority and all the power in the world to stop it at any moment, but he didn't do it. Do you want to know why?

Servant Leaders Remove Themselves from the Throne. Servant leaders don't try to elevate themselves, they try to elevate everyone around them. Servant leaders live to serve others and they know that has a lasting impact.

I have a crazy story. Dabo Swinney, in 2011... For those who don't know who Dabo Swinney is, he's the head coach for Clemson Football who just won the National Championship this last year. In 2011, when he was being paid, he asked the University of Clemson to reduce his salary and pay his assistants the equal amount. They were the highest paid assistants in BCS College Football. And they were the only two assistants in college football that their combined salary equaled more than their head coach in the BCS level. I don't know if that's the case now that he won a National Championship, but I do know that he's a strong believer and he understood this.

Look at the result. Not that winning is the result of being a servant leader, but when you elevate other people, when you remove yourself from the throne in order to serve and wash the feet of others, there's something beautiful about that in the gospel. There's something beautiful about that when we understand that this isn't about us.

When we make it all about us (back to that original graphic) we put ourselves on the throne and all of our interests... The problem is that we are chasing something that is never going to satisfy us. We're chasing something that will never fulfill us.

I'm just going to challenge you, Woodland Hills, and I'm going to challenge myself. Serve some people this week. Instead of walking up to checkout in Walmart and someone's got a hundred checkout items in the 20 items or less and your flesh just flares up... Maybe that just me. I'm like, *Are you kidding me right now? I have one item; you can't let me go in front of you right now?* Or when you leave church and someone cuts you off because they want to get out of the parking lot and get to Sugar Leaf before you do today. There are opportunities all around to remove ourselves from the throne. Moms that have one year olds right now know that every day. There's nothing more like removing yourself from the throne than something that is stinky in a white bag. That will remove you from the throne in a hurry. If you're a husband today, you've got an opportunity to remove yourself from the throne, to point them back to Jesus, not yourself, not "I'm the husband and this is the way it's going to be..." That's a dictator, authoritative leadership. That's not the example Jesus set for us.

So, regardless of where you're at... If you're a sibling today, you have an opportunity to exercise removing yourself from the throne today. It's actually a daily process that all of us need to take in and say, "I need to remove myself." When I wake up in the morning, the first thing that Adam thinks about is himself. That's it. Why do you think Jesus said, "Love your neighbor as yourself?" It's because he knew I would never have a problem loving myself. I'm the first person and the last person I think about when I wake up and when I go to bed. And I have an opportunity today to serve my wife. Open a door, take out trash, do the laundry, get the kids ready, whatever the case may be. You have an opportunity today to remove yourself from the throne.

Continuing on in 1 Peter 2: **24 He himself bore our sins in his body on the tree, that we might die to sin and live to righteousness.** I love this. It's back to the ladder. Righteousness is imputed to us. I'm going to give a lot of freedom for those that have been operating in any type of behavior modification. It helps us operate more as servant leaders, right? Somehow, we've been convinced in this American mindset that if I just do more, I'm going to earn a right standing with God. If I try harder. If I just do my Bible study and I'm more devoted in my discipline and if I serve the church and if I keep doing all these things, I'll just get closer to God. The problem is when we think that it has something to do with our behavior or our acts, we're only modifying something that actually needs heart surgery. The crazy thing is that love came down. The most humble servant came down so that we never even have to try to elevate ourselves. You don't have to try to do more and try to fix yourself. As a matter of fact, this angers him. Isaiah 64: 6 says that all of our righteous deeds are like filthy rags. Righteousness was imputed to you. That means you did absolutely nothing.

1 Peter 5: 6 says, **Humble yourself therefore to God's mighty hand that he may lift you up in due time.** The fact that his righteousness is imputed to you means there is no place low enough you and I could go to be in right standing before God. There's no place low enough to be in a humble right standing before an amazing God. His love came down and he imputed it to us. This is great news. This is what it means. It means he's pursuing you. How do I know he's pursuing you? Look where your sitting right now. You're sitting inside a church, listening to a sermon preached out of the Bible. He's pursuing you. He loves you. He's chasing you. That means he pursuing you. That means he imputed his righteousness to you, which means you don't have to clean yourself up, which means when you mess up, he's not like "Well, I'm done pursuing that person." No, if you slipped up and looked at porn, he's still pursuing you. If you slipped up and made yourself throw up, he's still pursuing you. If you did something sexually immoral or whatever the case may be, he's still pursuing you. I want you to hear that. His righteousness is imputed to you, which means when God sees you, he doesn't see all your junk; he sees the imputed righteousness of Christ that he gave you by dying on the cross for our sins.

By his wounds you have been healed. I love how my friend, Paul David Tripp, says it. *"Jesus didn't shed his blood so we could build a better kingdom for ourselves, but he shed his blood so that we could be invited into his kingdom and place him on the throne."* I love that. I love the idea that I don't have to climb something. I don't need to clean myself up because the reality is I don't need a bandaid for a gunshot wound; I need heart surgery for a broken sinful heart. And Jesus is the great surgeon that does that. When I keep allowing him to do a work in my heart that only he can do, it begins to cultivate in my mind a more servant hearted mindset. I want to serve people and I want to love people.

Servant leaders die to their own agenda. We all have our agendas. I have my agendas and you have your agendas. We all want what we want. That's the natural human condition. How many times have we told our kids that, right? They ask why? And we say, "Because I'm the parent and I said so." We're coached that as kids and so when we become adults and we become parents, we duplicate the same mindset. Rather than when they ask why, we say "Because we want to honor Jesus and mommy and daddy believe that the way your behaving doesn't honor Jesus. So, we need to pray for your heart." We need to cultivate this.

And making sure that my wife and I don't have an agenda... Our agenda is his kingdom and we're pointing back to that. Rarely does my agenda coincide with his agenda. I'm just being honest with you guys. A lot of times, there are things that I want and God says, "No, you need to examine the selfishness of your heart in what you're thinking through right now. You need to examine why you even desire this."

That's the beautiful thing about Psalm 139: 23-24. The palmist is crying out. **23 Search me, God, and know my heart; test me and know my anxious thoughts. 24 See if there is any offensive way in me, and lead me in the way everlasting.** Lead me to your agenda, not my agenda. I want to follow your agenda.

Simon Sinek says it best when he says this: *"A good leader takes care of those in their charge. A bad leader takes charge of those in their care."*

Once again, when we use this word *leadership*, which in the last 15 years, the word *leadership* has just blown up and meant so many different things. You can grab a John Maxwell book and see 50 different ways... There are all these different ideas of leaders, but we can't escape the fact that regardless of what leadership platform you have... We all have them in here. Regardless of where you're at... Some platforms in here might be greater, but we don't determine the size of our leadership platform. God determines that. What we determine is our faithfulness. Luke 16: 10 says "He who is faithful in the small things will be trusted with much more." "He who can be trusted in the small things can be trusted with much more." That's the servant leadership mindset. God has given me the opportunity to lead these women in Bible study, to lead my kids, to lead my employees, to lead at church, to serve at church, to be a part of finding my Sweet Spot. I have all these opportunities to help out, but what do I do with my servant leadership opportunities? How do I leverage that for Jesus' kingdom?

Finishing up 1 Peter 2 - **25 For you were straying like sheep, but have now returned to the Shepherd and Overseer of your souls.** I love that word. Everybody is a sheep. The President of the United States, the Sultan of Qatar... Every person in this world is sheep. We are all sheep. I don't care how powerful you are or how rich you are or how much authority you have. We are all sheep.

Have you ever seen how dumb sheep are? I'm a dumb sheep. The great thing about the fact... If you don't know this about sheep, it's fascinating. If a sheep is attacked by a predator, they will paralyze themselves. They know they don't stand a chance. Their little hooves are not going to knock a wolf's teeth out. They know they don't stand a chance. So, their only hope is to paralyze themselves and to hope and pray that the predator leaves them alone. That's their only hope. Or, better case, that the

shepherd comes and shakes the wolf off with his staff or throws rocks at the wolf to get him away from the sheep. That's their only hope. Our only hope is that... When we are attacked by the enemy, we don't stand a chance. But, we have this great shepherd named Jesus Christ, who is the greatest servant leader there ever was who leads us and protects us and guards us.

1 Peter 5: 8 says, ***Your enemy the devil prowls around like a roaring lion looking for someone to devour.*** If you hear the roar, that's a problem. A lion never roars before the kill. Think about that. He would give up his position. They roar after they have eaten and have a full belly. So, think about 1 Peter 5: 6 - ***Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time.*** And ***Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour.***

Here's the other beautiful thing when we're referred to as sheep. I'm weird, I know. I always want to know where sayings like "Came out of leftfield" came from. You can Google it later. Or "He pulled the wool over their eyes." I'm just fascinated with sayings like that, wondering where they came from or what they mean. The phrase, "They pulled the wool over their eyes" came about in ancient days when shepherds would bring in their sheep at night. As their wool was getting longer and about time to be sheered... They would sell the wool and make money from the wool. The longer their wool got, the harder it was, as shepherds pulled the sheep into their pen, to recognize any parasites such as ticks, fleas, anything that could be detrimental or deadly to the animal. So, what would happen is they would think they had checked the sheep really well as they got them into the pen at night, but the wool got so long that wool was pulled over their eyes and they missed something that was very detrimental.

Here's the beautiful thing about following Jesus. We don't pull the wool over Jesus' eyes and we don't have to. Hebrews 4: 13 says, ***Nothing in all creation is hidden from God's sight. Everything is uncovered and laid bare before the eyes of him to whom we must give account.*** The beautiful thing is that he is the Shepherd and Overseer of our souls. We give an account to him and that's removed. That imputed righteousness I was tell you about earlier, that's the great news. If you just came in here today and you have no idea who I am or what Jesus is, here's the great news. You have a Shepherd and Overseer of your soul that will take care of your dumb sheepness. He will take care of my daily dumb sheepness. If you watch a sheep, you see they have no idea where they are going. They need a shepherd and we all have one in the person of Jesus Christ.

Servant leaders follow. I know this. I would never possess the audacity to ask my wife to follow me if I'm not pursuing Jesus, if I'm not following him. And then when I blow those examples, give me grace. I'm not a grace graduate; I need it. The reason I, and I think the reason we struggle with servant leadership is because it requires us to remove ourselves from the throne. We can't operate in servant leadership without removing ourselves from the throne.

Dallas Willard says it this way. *"The only thing that transforms us spiritually is the action of following Christ."* It's a transformation process. The more we pursue him, the more we follow him, the more he chisels away this selfishness of wanting to put ourselves on the throne and put Jesus Christ on that throne.

What does that mean for us, Woodland Hills? What does that mean to walk out of here and operate more as servant leaders? It's as simple as opening a door, letting someone go before you in line at the grocery store. It's simply asking your mom or dad if there is anything you can do for them. It's simply asking your spouse if there is anything else you can do.

As much as our pride doesn't want... None of us are above serving. I don't care if you're a CFO or a COO or President Donald J. Trump. I don't care who you are; no one is above serving. Do you want to know why? It's because the one person in this world that could have been above serving subjected himself to servanthood.

Matthew 20:28 says – “...***just as the Son of Man did not come to be served, but to serve, and to give his life as a ransom for many.***” He gave his life not so we put ourselves on the throne and bark out commands, but so we would serve others. Could you imagine, Woodland Hills, if we became a family of serving people and the community of in this church, behind the scenes with Steph, and everybody else that does an amazing job with the family or the chapel. There are so many people we could serve. Could you image what that would look like. I think that would be a glimpse of heaven. I think it would a glimpse of heaven when we stop worrying about me and mine and my entitlement and we just begin to serve other people. I think we would give this Branson community a glimpse of heaven.

So, what does that mean for you personally, what does that look like today as you leave here. How are you going to serve? How are you going to love?

On the first Sunday of every month, we take communion. I strongly encourage people to always reflect on 1 Corinthians 11 before ever taking communion. ***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.

27 So then, whoever eats the bread or drinks the cup of the Lord in an unworthy manner will be guilty of sinning against the body and blood of the Lord. 28 Everyone ought to examine themselves before they eat of the bread and drink from the cup. 29 For those who eat and drink without discerning the body of Christ eat and drink judgment on themselves.

Here at Woodland Hills, we believe communion is reserved for the regenerated believer, those who have a profession relationship with Jesus Christ. If you've never made that profession, I strongly encourage you to come forward at the end of the service and meet with our prayer team and sit there quietly and pray. But, for those of you that have, I'd even challenge you that before you just quickly take the bread, you take time to reflect on what the broken body of Christ needs. His body was broken and he tasted death so that you and I don't have to. His blood was shed so that imputed righteousness would be ours. So, sit quietly for a second and when you're ready, take the elements. The bread is a remembrance of his body and the cup is a remembrance of his blood.