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WHY WE SAY GRACE
PART 1

Why do we “say grace” at the dinner table? Is it because it is customary to do so? Is it by habit? We say that we “bless the food” to our nourishment. We give thanks to God for providing us with food. We may offer many reasons for prayer before eating a meal, but what does the bible say about it?

The Bible tells us of Jesus’ Passover Supper with His twelve disciples in Luke 22:19-20. Paul repeats Jesus’ instructions in 1 Corinthians 11:23-26 which has produced man’s religious ritual of Holy Communion (Eucharist) that we occasionally perform formally as an act of dedication.

1 Corinthians 11:23-26 says, ***“That the Lord Jesus...took bread... brake it, and said, ‘Take, eat. This is my body which is broken for you. Do this in remembrance of me.’ After the same manner also he took the cup...saying, ‘This cup is the New Testament (Covenant) in my blood. This do ye as oft as ye drink, in remembrance of me.’ For as often as ye eat this bread and drink this cup, ye do shew the Lord’s death till He come.”***

Now, let us look at the actual account of this event in Luke 22:19-20 as they “break bread together” with Jesus. It reads, ***“And He took bread, and gave thanks, and brake it, and gave unto them, saying, ‘This is my body which is given for you. This do in remembrance of me.’ Likewise also the cup after supper, saying, ‘This cup is the New Testament in my blood, which is shed for you.’”***

There is so much to consider in this event, too much for today’s message, so we shall study this in greater detail tomorrow. We must not overlook His instruction that we eat and drink “in remembrance” of Him. Stay tuned.