**The Imitation of Christ by Thomas A. Kempis**

**BOOK FOUR:** INTERNAL CONSOLATION

**Introduction:** An Invitation to Holy Communion

**Quote:**

“The Voice of Christ

COME to Me, all you that labor and are burdened, and I will refresh you. The bread which I will give is My Flesh, for the life of the world. Take you and eat: this is My Body, which shall be delivered for you. Do this for the commemoration of Me. He that eateth My flesh, and drinketh My blood, abideth in Me, and I in him. The words that I have spoken to you are spirit and life."

**Definition:**

Holy Communion – Eucharist or the Lord’s Supper

**Scripture:**

Matthew 26:26-28  
  
While they were eating, Jesus took bread, and when he had given thanks, he broke it and gave it to his disciples, saying, 'Take and eat; this is my body.' Then he took a cup, and when he had given thanks, he gave it to them, saying, 'Drink from it, all of you. This is my blood of the covenant, which is poured out for many for the forgiveness of sins.'

Matthew 11:28

New International Version

Come to me, all you who are weary and burdened, and I will give you rest.

Matthew 11:28

Douay-Rheims 1899 American Edition

Come to me, all you that labour, and are burdened, and I will refresh you.

John 6:53-54  
  
Jesus said to them, 'Very truly I tell you, unless you eat the flesh of the Son of Man and drink his blood, you have no life in you. Whoever eats my flesh and drinks my blood has eternal life, and I will raise them up at the last day.'

John 6:63

The words I have spoken to you—they are full of the Spiritand life.

**Concept:**

Embracing the transformative power of Holy Communion

**Discussion:**

How does receiving Holy Communion empower you during the times of weariness and being heavily burdened to persevere in your spiritual journey?

What do you think Jesus means when He says, "The words that I have spoken to you are spirit and life"? How do Jesus’ words as “spirit and life” influence our understanding of scripture?