1 Timothy 1:5

“The goal of this command is love, which comes from a pure heart and a good conscience and a sincere faith.”

Thought;
In writing to Timothy, the Apostle, Paul, makes it clear that the intention of all the instructions we are given to follow is in some way, oriented at love. I would suggest that this applies even to the Lord’s Supper instructions. The commandment to “Do this in remembrance of Me”, somehow has to do with love from a pure heart, a good conscience, and a sincere faith.
As we partake of these emblems, we ought to be asking ourselves some questions;
1. Does my life demonstrate such a love for God?

2. Does my life demonstrate such a love for the people of God – for other members of the church?

3. Does my life demonstrate such a love even for “enemies” and folks I have not met yet?

Prayer;
Father, teach us to love better. Give us the courage to examine ourselves, and show us if there is any way in which we fall short in the love that you want us to have and to be. Forgive us for where we have failed to love as you have loved us, and strengthen us to love more genuinely and sincerely. Be the very life and spirit that dwells within us.
Amen