## When you eat and when you drink, remember Jesus!



Jesus took some bread and gave thanks to God for it. Then he broke it in pieces and said, "This is my body, which is given for you. Do this in remembrance of me." In the same way, he took the cup of wine after supper, saying, "This cup is the new covenant between God and his people—a promise confirmed with my blood. Do this in remembrance of me as often as you drink it." – 1 Corinthians 11:23-25