Use this daily Transformation Journal to learn how to study the Bible for yourself. Pray before you begin and ask God to bless you with insight and discernment as you ponder and respond to the questions, which are tools for your spiritual growth.

Psalm 118:1-9 NIV

1 Give thanks to the LORD,
for he is good; his love
endures forever. 2 Let
Israel say:"His love endures
forever." 3 Let the house of
Aaron say:"His love
endures forever." 4 Let
those who fear the LORD
say:"His love endures
forever." 5 In my anguish I
cried to the LORD, and he
answered by setting me
free. 6 The LORD is with
me; I will not be afraid.
What can man do to me?
7 The LORD is with me; he
is my helper. I will look in triumph on my enemies. 8 It is better to take refuge in
the LORD than to trust in man. 9 It is better to take refuge in the LORD than to
trust in princes.

Sermon Notes

Monday, August 3

Just as you sometimes find yourself taking part in family rituals without knowing their history, Christians often participate in rituals without knowing their origin or full meaning. Communion, or the Lord's Supper, may be one of these rituals for you. To understand this deep and meaningful sacrament you must first understand the Jewish celebration of the Passover and the Passover meal. It was at a Passover meal that Jesus first gave us the practice of Communion.

Exodus 12:1-13 & 21-30

What does "the Passover" literally mean, and what did the Israelites have to do to avoid the fate of the Egyptians?

From what do you need God's deliverance right now?

Tuesday, August 4

The Passover was a defining moment in the life and history of the Israelites. This mighty act of God that delivered the Israelites from slavery to the Egyptians was also a renewal of the covenant that God had made with Abraham, Isaac, and Jacob, and to the whole nation of Israel. In order for the people to remember this miraculous act of mercy and God's covenant with them, God instituted a yearly celebration around the great deliverance called Passover.

Exodus 12:14-20
Deuteronomy 16:1-8

Why do you think God had the people corporately celebrate this event in a festival?

You also can celebrate God's miraculous work in your own life today. Choose a blessing to acknowledge and celebrate.

Wednesday, August 5

The better and permanent covenant that God made with humanity came through Jesus Christ. Jesus came to Earth not only to show us the image of God but also to change physically the covenant of grace that God had with humanity. The Passover celebration was God's representation of salvation and deliverance for the Jews in slavery in Egypt. Christ used that image to show that he was now the physical salvation and deliverance from sin and death for all humankind. The new covenant was no longer the blood of lambs and bread without yeast, but in Jesus, the Lamb of God.

Jeremiah 31:31-34 & Luke 22:7-23

What are the characteristics of God's new covenant prophesied by Jeremiah? In what is this new covenant based (Luke 22:19-20)?

Have you ever sacrificed something for Christ? Describe that experience.

Thursday, August 6

The two elements believers share in Communion have very specific meanings, both today and in the covenant history of the Israelites. The unleavened bread, which was used during the Passover celebration, symbolized God's quick deliverance of the Israelites out of slavery into freedom. Christ's claim on this bread now is his "body broken for you," clearly representing the ultimate deliverance from sin and death he brought for all people who accept this new covenant. True relationship with God is now found through the sacrificed body of Christ.

John 6:35 & Hebrews 10:1-25

Because of the great sacrifice of Christ for us, how does God view you (Hebrews 10:10)? How can you now approach God (Hebrews 10:22)?

Because you are now in right relationship with God through Christ's great sacrifice, how much time daily will you dedicate to your relationship with God?

Friday, August 7

The second element used by Jesus at the Last Supper was a cup of wine, which in Jewish tradition was symbolic of blood. Throughout the ancient world blood was always used to seal and confirm all covenants, and it was the same with the original covenant of law that God established with the Israelites. When Jesus took the cup of wine and said, "This cup is the new covenant in my blood," he was sealing a new covenant between God and all humanity, fulfilled by the shedding of his own blood on the cross for our sins.

Ephesians 1:7 & Hebrews 9:1-28

Name everything the blood of Christ does for humanity, as identified in the Hebrews reading.

Because you have been forgiven of your sins, what will you do this week to show God gratitude for such great mercy and grace?

Saturday, August 8

Communion is a powerful Christian sacrament because it is a reminder of Christ's sacrifice for us, and it should be observed with humility and reverence. It also offers empowerment to continue living out a life that honors and serves God. Before taking Communion, you as a believer are to examine your life and ask forgiveness for any sin, so that through receiving the bread and cup you may receive God's renewed grace for kingdom living. You have been redeemed by Christ's body and blood and are called to honor him in all you do.

1 Corinthians 11:17-34 & 5:6-8

According to 1 Corinthians 11, what are the main concerns Paul had with the church's celebration of the Lord's Supper? How are you to approach this sacrament (verse 28)?

What are some of the ways you can examine your life daily in order to stay obedient to God?