



# Grace Today

This past Sunday we talked about the Lord's Supper, or communion, as a time when our thirsty souls can drink of the Lord Jesus Christ. Below I have given you fuller versions of what several protestant and reformed belief statements say about the Lord's Supper. The good news is that we get to practice it this week...This Sunday the fourth we have the the Lord's supper again! So take some time to prepare and pray. Use to time to reconcile with anyone with whom you are at odds...forgiving as the Lord forgives you. Then cancel everything else and come this Sunday- on the "menu"...the body and blood of Jesus...the spiritual presence of God in the Son in the room as a local church gathers. Come and receive Him by faith afresh!

Many of you know that I will be in Cyprus this weekend for the service to install Terry Burns as the pastor of the Nicosia Community Church. Joe Holland will come down from Culpeper to preach on the next big theme in the Thirsty series- How faith connects with Jesus. I always hear such great feedback when Joe comes, and the way things are going at the new church plant in Culpeper, before you know it we won't be able to have Joe come on Sunday morning. So enjoy Joe's gifts, enjoy the Lord's Supper, and God willing, we will see you again on October 11th to consider the filling of the Holy Spirit.

Drink in Jesus!

Don Ward

## **Heidelberg 75**

Q. How does the Lord's Supper remind you and assure you that you share in Christ's one sacrifice on the cross and in all his gifts?

A. In this way: Christ has commanded me and all believers to eat this broken bread and to drink this cup. With this command he gave this promise: First, as surely as I see with my eyes the bread of the Lord broken for me and the cup given to me, so surely his body was offered and broken for me and his blood poured out for me on the cross. Second, as surely as I receive from the hand of the one who serves, and taste with my mouth the bread and cup of the Lord, given me as sure signs of Christ's body and blood, so surely he nourishes and refreshes my soul for eternal life with his crucified body and poured-out blood.

^1 Matt. 26:26-28; Mark 14:22-24; Luke 22:19-20; 1 Cor. 11:23-25

## **Belgic Confession**

But for the support of the spiritual and heavenly life, which believers have, he hath sent a

living bread, which descended from heaven, namely, Jesus Christ, who nourishes and strengthens the spiritual life of believers, when they eat him, that is to say, when they apply and receive him by faith in the spirit. Christ, that he might represent unto us this spiritual and heavenly bread, hath instituted an earthly and visible bread, as a sacrament of his body, and wine as a sacrament of his blood, to testify by them unto us, that, as certainly as we receive and hold this sacrament in our hands, and eat and drink the same with our mouths, by which our life is afterwards nourished, we also do as certainly receive by faith (which is the hand and mouth of our soul) the true body and blood of Christ our only Savior in our souls, for the support of our spiritual life.

### **From Tim Keller's "Gospel Christianity":**

There is much talk about having 'personal fellowship with Christ' through the Bible and prayer. How does that happen?

### **MEDITATION**

- Traditionally "devotional" time consisted of a) Bible reading and b) prayer. But for many these alone do not get to the experience of God's presence the Psalms call us to (see Psalm 27, 63, 84). Meditation is a 'middle' practice which bridges between reading and prayer. It is at once prayerful reading and informed prayer. It is "the descent of the mind with truth into the heart, until our whole being yearns for God." (Peter Toon)
- The Biblical term 'meditation' often appears in the Psalms. One Hebrew word for it means literally to 'talk to oneself.' This refers to how meditation entails both focused attention and personal application. Another word for it means to 'muse' or 'ponder.' In Psalm 77:12 and 143:5, we are called to meditate on the works of God in nature and history. In Psalm 119:15, 23, 27, 48, 78, 148 we are exhorted to meditate on God's Word, his verbal revelation. In Psalm 63:6, the Psalmist simply meditates "on thee"--God himself. Many of the Psalms are themselves examples of extended meditations.

How to incorporate meditation into your time with Jesus:

#### **1. Lectio: Reading**

First understand the passage.

- Read slowly through the whole passage. When a thought, phrase, or word captures your attention, stop and dwell on it. Underline or note each.
- Read a second time and ask: "What truth is the author getting across here?" Ask what it says about 1) who God is, 2) who we are, 3) who Christ is and what he did.
- Read a third time. List each: 1) example to follow, 2) command to obey, 3) promise to claim.

#### **2. Meditatio: Reflecting**

Second, meditate and listen for the voice of God.

Choose the 2 or 3 most important insights or verses from your reading and ask:

- How does this lead me to adore and praise God? (What attribute of God does it show?)
- How does this lead me to confess or repent to God? (What wrong thoughts, feelings, and behavior happen in me when this is forgotten?)
- How can I thank Jesus for being the ultimate answer to this sin? (How is this sin being caused by an inordinate hope for something to give me what only Jesus can really give me?)
- What does this lead me to petition God for? (What do I need from God if I am to realize this truth in my life?)
- Why might God be showing me this today?

### **3. Oratio: Praying**

Third, on the basis of your meditation, speak very directly to God about what you are learning and hearing. Pray every one of the meditations--"Adoration", "Confession", "Thanksgiving" and "Supplication"--back to him.

### **4. Contemplatio: Sensing**

Often, though not always, during reading, reflecting, or praying you begin to get a 'sense on the heart' of the reality of God and his presence, and you may receive strong assurance of belonging to him. Stop and enjoy him.

### **Quotes to ponder:**

Formerly, when I arose, I began to pray as soon as possible...But what was the result? I often...suffered much from wandering thoughts...I scarcely ever suffer in this way now...I began to meditate on the New Testament from the beginning, early in the morning...searching, as it were, every verse to get a blessing out of it...not for preaching [to others], but for obtaining food for my soul. After a few moments my soul is led to confession, thanksgiving, or intercession."-- George Mueller

Meditation...is distinguished from the study of the word, wherein our principle aim is to learn the truth, or to declare it unto others; and so also from prayer, whereof God himself is the immediate object. But meditation is the affecting of our own hearts and minds with love, delight, and humiliation."

--Richard Baxter

"I...used to spend abundance of time, in walking alone in the woods, and solitary places, for meditation, soliloquy and prayer...I had then, and at other times, the greatest delight in the holy Scriptures, of any book whatsoever. Oftentimes in reading it, every word seemed to touch my heart. I felt a harmony between something in my heart, and those sweet powerful

words. I seemed often to see so much light, exhibited by every sentence, and such a refreshing ravishing food communicated, that I could not get along in reading. Used oftentimes to dwell long on one sentence, to see the wonders contained in it; and yet almost every sentence seemed to be full of wonders....I...found, from time to time, an inward sweetness, that used, as it were, to carry me away in my contemplations, in...a calm, sweet abstraction of soul from all the concerns of this world, and...fixed ideas and imaginations, of being alone...sweetly conversing with Christ, and wrapped and swallowed up in God. The sense I had of divine things, would often of a sudden as it were, kindle up a sweet burning in my heart; an ardor of my soul, that I know not how to express....." -- Jonathan Edwards

First comes the actual exercise of the mind, fixing thoughts and meditations upon spiritual truths....Next comes the inclination of all the affections toward these things, whereby they cleave to the spiritual truths and make an engagement unto them....Finally comes a relish and a savor in which lies the sweetness and the satisfaction of the spiritual life. We taste then by experience that God is gracious, and that the love of Christ is better than wine....If we settle for mere speculations and mental notions about Christ as doctrine, we shall find no transforming power or efficacy communicated unto us thereby. But when, under the conduct of spiritual light, our affections do cleave unto him with full purpose of heart, our minds fill up with thoughts and delight in him--then virtue [change in character] will proceed from him to purify us, increase our holiness, and sometimes fill us with joy unspeakable and full of glory.....Where light leaves the affections behind, it ends in formality and or atheism; where affections outrun light they sink into the bog of superstition.-- John Owen

In the year of grace 1654 Monday 23 November...from about half-past ten in the evening till about half an hour after midnight. FIRE. God of Abraham. God of Isaac. God of Jacob. Not of the philosophers and the learned. Certainty. Joy. Certainty. Emotion. Sight. Joy. Forgetfulness of the world and of all outside of God. Joy! Joy! Joy! Tears of joy. My God, will you leave me? Let me not ever be separated from you. -- Blaise Pascal

## **Announcements**

### **H1N1 Flu Update**

In view of the concerns about H1N1 flu this season, please take precautions to ensure your health. Wash your hands and use hand sanitizer often and cover your mouth when you cough or sneeze. Also, if you or your children are sick, please stay home until you feel better!

### **Looking for a Small Group?**

We have a variety of small groups meeting in various locations throughout the area. If you're looking to join a small group, please contact the church office ([sdyck@gcchurch.com](mailto:sdyck@gcchurch.com))

or see the small group list in the foyer on Sundays to find the group meeting closest to where you live!

### **We Need Pictures!**

If you have any photos of recent events at Grace, please send them to Peter Edwards at [peter.d.edwards@gmail.com](mailto:peter.d.edwards@gmail.com) so they can be used for the new website ([www.cvillegrace.org](http://www.cvillegrace.org))!

### **Nursery Equipment Needed**

The nursery is looking for a gently used exersaucer to use for our children on Sunday mornings. If you can help, contact Kim McKean at [cwillermh@juno.com](mailto:cwillermh@juno.com).

### **GCC Meals Ministry**

If you are not currently receiving emails from us asking for occasional help with meals for families at GCC and would like to participate in this ministry, please contact the church office, Monica Jerabek, Terri Wilson, or Maria Jones. The time commitment is only what you are willing and able to give, and the meals can be handmade or store bought!

### **Missions Meeting**

There will be a missions meeting at Panera Bread at 8am on October 11th. This meeting is open to anyone with a heart for missions. We will be praying for our missionaries and discussing new missionaries and support for 2010.

### **New Small Group Forming**

Starting October 11th, a new small group will meet during CrossRoads, so it may be especially attractive to parents of CrossRoads students- however, anyone is welcome to try out this small group. Group meets at 4:30. Location is 4360 Burnley Station Road. Call Jack or Jenny Mellott at 975-2275 for more information or email [jack@jackmellott.com](mailto:jack@jackmellott.com).

## **Women's Events**

### **Person of Jesus Study**

The next meeting of this study will be Wednesday, October 7th. Welcome and refreshments will be from 9:00am-9:30am, study will begin at 9:30am. If you need childcare, call Carol Hill at 973-2899.

### **Knit Night Plus**

Calling all crafters! Bring your knitting, crocheting, scrapbooking, or just yourself for fellowship with other women of the church. Monday, October 19th from 7:00-9:00 pm here at GCC. Call Carol Hill for more information- 973-2899.

# Youth Events

## Youth Emails

If you are a parent or student who is not receiving the Youth Emails and would like to, please contact Shack Shelley to be added to the list. [lilshack@embarqmail.com](mailto:lilshack@embarqmail.com)

# Community Board

## The Salvation Army Needs People Like You!

The Salvation Army of Charlottesville needs volunteers to be bell ringers and to help with Angel Tree ministries this Christmas season. For more information please contact either the church office ([sdyck@gcchurch.com](mailto:sdyck@gcchurch.com)) or volunteer coordinator Lisa Chapman at 295-4058 ext. 118.

## Please help me with my school work!

Abundant Life Ministries needs adults, college students, mature high school students to be tutors to low-income city students. Great opportunity for family members to serve together. Once/week commitment to same child for school year. Structured lesson plans provided for K-4th; general homework help for 5th & up. Carpools available! Staff oversight for all programs.

- Grades K-4th: M, T, W or Th, 3:20-5:00 pm at Johnson School
- Grades 5/6th: T or Th, 2:30-3:30 pm at Walker School
- Grades 7/8th: M or W, 2:30-3:30 pm at Buford School
- High School (girls): during 45-minute lunch period, Thursdays at CHS

Contact: [Main@CharlottesvilleAbundantLife.org](mailto:Main@CharlottesvilleAbundantLife.org) or 970-2077.