

Have you ever been  
somewhere and  
afterwards wished you'd  
never gone?



# What is the Lord's Supper?

1 Corinthians 11.17-34







And he took bread, gave thanks and broke it,  
and gave it to them, saying,

**“This is my body given for you;  
do this in remembrance of me.”**

Luke 22:19 (NIV)





Remember



**Give thanks**



**Remember**



**Give thanks**



**Remember**



**Proclaim**



**Give thanks**



**Remember**



**Proclaim**



**Examine**



**Give thanks**

**Remember**

**Proclaim**

**Discern the  
'body'**

**Examine**

