

SERMON NOTES

4th Sunday in Lent, Year A * March 15, 2026

Sermon by the Reverend Tom Rutherford

1 Samuel 16:1-13 * Psalm 23 * Ephesians 5:8-14 * John 9:1-41

Why We Do What We Do: HOLY COMMUNION

Gracious Father, whose blessed Son Jesus Christ came down from heaven to be the true bread which gives life to the world: Evermore give us this bread, that he may live in us, and we in him....
4th Sunday in Lent, *Book of Common Prayer* 219

- ✦ It's a M_____ that gives L_____.
 - ✦ Through it, Jesus L_____ in U__ and we in him.
 - ✦ "EVERMORE give us this bread" = at least E_____ W_____
 - ✦ Communion N_____, H_____, and S_____ us.
 - ✦ ESPECIALLY when we're S_____ or A_____.
- "You spread a table before me in the presence of those who trouble me; you have anointed my head with oil, and my cup is running over."
Psalm 23:5

The Mechanics:

- ✦ All Baptized are welcome
- ✦ Kneel or Stand
- ✦ Hand or Tongue
- ✦ Sip or Dip (Intinction)
- ✦ Wait until the person next to you is finished

NEXT WEEK'S LESSONS:

Ezekiel 37:1-14 * Psalm 130 * Romans 8:6-11 * John 11:1-45

Chewing on Our Daily Bread

Questions for conversation with your family, small group, or a friend

1. What are some of your earliest memories about receiving Communion?
2. What did it mean to you then? What does it mean to you now?
3. Is receiving Communion every week important to you or not? Why or why not?
4. How has God nourished, healed, or strengthened you through Holy Communion?
5. PRAY:
 - ✦ Thanking God for being with us through the sacrament of Holy Communion.
 - ✦ Thanking God for how he touches you personally through it.
 - ✦ For any needs in your group.