



THE BLOOD OF THE COVENANT

A LENTEN JOURNEY INTO COMMUNION AND REVELATIONSHIP

This six-week Lenten Bible Study, *The Blood of the Covenant: A Lenten Journey into Communion and Revelationship*, explores the meaning of communion through Jesus' Last Supper instructions, inviting us to reflect on the new covenant and its transformative power. Through scripture, reflection, and participation in Holy Communion, we deepen our Revelationship with God.



01

The Table is Set: God's Invitation to Communion

When Jesus gathered with his disciples on the night before his crucifixion, he didn't just give them bread and wine. He gave them something far greater—a new covenant.

This Lenten season, I invite you to join me on a journey deeper into communion—not just as a ritual, but as a sacred encounter with Christ himself.

Because communion is more than remembrance—it's Revelation. God is revealing himself to us so that we can participate in his life.

Let's begin by reading from Luke 22:14-20:





When the hour came, Jesus and his apostles reclined at the table. And he said to them, 'I have eagerly desired to eat this Passover with you before I suffer. For I tell you, I will not eat it again until it finds fulfillment in the kingdom of God.'

After taking the cup, he gave thanks and said, 'Take this and divide it among you. For I tell you I will not drink again from the fruit of the vine until the kingdom of God comes.'

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.' In the same way, after the supper he took the cup, saying, 'This cup is the new covenant in my blood, which is poured out for you.'

That phrase—he gave thanks—is Eucharistesas in Greek. It's where we get the word Eucharist.

But it means so much more than simply saying, "Thank you."

Paul uses the same word in Romans 1:21-23 when he describes people who refuse to acknowledge God or give him thanks. Instead of honoring him, they turn to their own ways—becoming disconnected from the Source of Life itself. They wither, like a branch cut from the vine.

Jesus, in contrast, shows us something completely different.

Before he breaks the bread, before he shares the cup, Jesus gives *thanks*. But this thanksgiving isn't just words—it's an act of connection. He receives from the Father and returns it in a flow of unbroken communion. It's a sacred exchange.

This is *Revelationship*.

And today, when we take the bread and the cup, we aren't just recalling a past event. We are stepping into it.

The cross is made present. The barriers of sin are broken. The Holy Spirit transforms us.

This is Christ's body, broken for you.

This is the new covenant in his blood.

God is still revealing himself through the table of his presence.

*God reveals himself,
and we respond.
Jesus shows us that
communion isn't just
something we take—
it's something we
participate in.*



Week 1

KEY SCRIPTURE: LUKE 22:14-20

Reflection Questions:

- How does the Last Supper connect to the first Passover?
- What does it mean to be invited to Jesus' table?
- How do you respond to God's invitation to communion with him?



Daily Readings & Meditations:

- Day 1: Exodus 12:1-14 - The First Passover
- Day 2: Isaiah 25:6-9 - The Messianic Banquet
- Day 3: John 6:48-58 - Jesus, the Bread of Life
- Day 4: Psalm 23:5-6 - A Table in the Presence of Enemies
- Day 5: Matthew 11:28-30 - Jesus' Invitation to Rest
- Day 6: 1 Corinthians 10:16-17 - One Body, One Bread
- Day 7: Reflection & Prayer

02

This Is My Body— Meditating On Sacrificial Love



At the Last Supper, Jesus took the bread, blessed it, broke it, and gave it to his disciples, saying, “Take and eat; this is my body.” (Matthew 26:26). In this simple yet profound act, Jesus revealed the depth of his sacrificial love.

His body, freely given, was not just a symbol but the fulfillment of God’s redemptive plan.

From the sacrifice of Isaac to the provision of manna, from the humility of foot washing to the suffering of the cross, scripture unfolds a love that does not withhold, a love that empties itself for the sake of others. Christ’s sacrifice was not forced—it was a willing offering, the ultimate expression of love that seeks not its own good but the good of the beloved.



This love calls us to respond—not just in gratitude but in imitation. As Philippians 2:5-11 reminds us, we are invited into the same mindset of Christ: humility, obedience, and service. Just as he bore our wounds, we are called to bear one another's burdens.

Just as he poured himself out, we are called to live lives of sacrificial love.

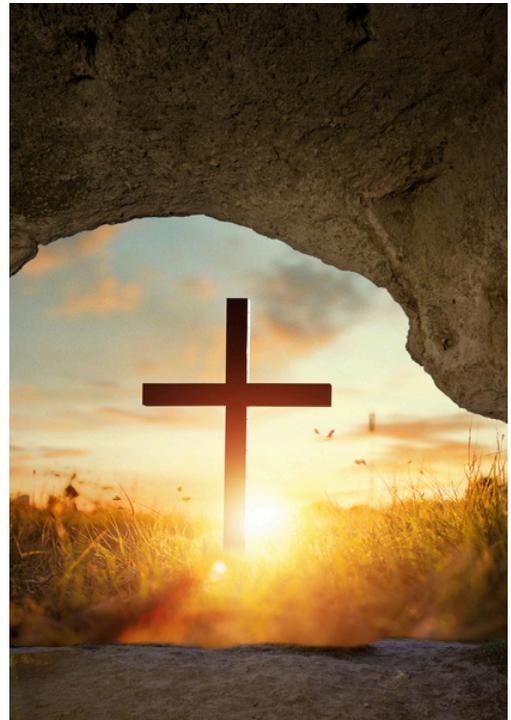
Whether in small, daily acts of service or in costly obedience, we participate in his love when we choose to give rather than grasp, to serve rather than seek status, to surrender rather than strive for control. As we meditate on these passages, may we not only receive the love of Christ but allow it to shape us into his image.

Week 2

KEY SCRIPTURE:
MATTHEW 26:26-29

Reflection Questions:

- What does Jesus' broken body mean for you personally?
- In what ways do we experience Christ's love through communion?
- How can we reflect Christ's sacrificial love in our daily lives?



Daily Readings & Meditations:

- Day 8: Genesis 22:1-14 - The Sacrifice of Isaac
- Day 9: Exodus 16:1-18 - Manna from Heaven
- Day 10: John 13:3-17 - Jesus Washing the Disciples' Feet
- Day 11: Philippians 2:5-11 - Christ's Humility and Obedience
- Day 12: Hebrews 10:1-10 - The Body Prepared for Sacrifice
- Day 13: 1 Peter 2:21-25 - By His Wounds, We Are Healed
- Day 14: Reflection & Prayer

03

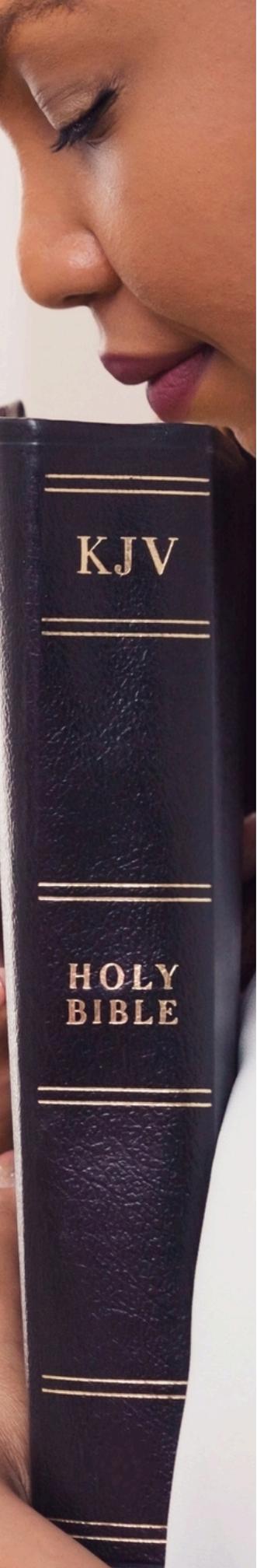
The Blood of the Covenant

In Mark 14:24, Jesus declares, "This is my blood of the covenant, which is poured out for many." These words remind us of the profound significance of Jesus' sacrifice and the new covenant he established through his blood.

The new covenant promised in Jeremiah 31:31-34 offers forgiveness and a restored relationship with God. Unlike the old covenant, which required constant sacrifices, this new covenant is written on our hearts, a direct access to God's presence, made possible through Christ's sacrifice.

In Leviticus 17:10-14, we are reminded that "the life is in the blood." Blood represents life, and it is through the shedding of Christ's blood that life—eternal life—is offered to us. His blood doesn't just cover sin; it cleanses and brings life to all who receive it.





Hebrews 9:11-22 reveals Jesus as the perfect sacrifice, one who entered the Holy of Holies once for all, offering his own blood to atone for our sins. His sacrifice was final, perfect, and sufficient, securing our eternal redemption.

In John 19:28-37, when Jesus' side is pierced and blood and water flow out, it confirms that he gave everything.

Romans 5:6-11 reminds us that "while we were still sinners, Christ died for us." Through his blood, we are justified—made right with God—enabling us to live in peace with him. His sacrificial love offers us grace when we are undeserving.

Finally, 1 John 1:5-10 calls us to walk in the light, reflecting Christ's cleansing love by confessing our sins and accepting his forgiveness. When we live in the light, we reflect his sacrificial love to others, sharing the grace and mercy we have received. In our daily lives, we are called to reflect Christ's sacrificial love.

This means loving others selflessly, offering grace and forgiveness, and serving with humility. Just as Christ's blood was poured out for us, we too are invited to pour out our lives for others, demonstrating his love in tangible, everyday actions.

As we approach Communion, we remember not only Christ's sacrifice but also our call to live sacrificially, to extend his love and grace to those around us.

Week 3

KEY SCRIPTURE: LUKE 22:14-20

Reflection Questions:

- How is the New Covenant different from the Old?
- What does it mean that Jesus' blood was poured out for many?
- How does communion help us walk in the reality of the New Covenant?



Daily Readings & Meditations:

- Day 15: Jeremiah 31:31-34 - The Promise of a New Covenant
- Day 16: Leviticus 17:10-14 - Life is in the Blood
- Day 17: Hebrews 9:11-22 - Jesus, the Perfect Sacrifice
- Day 18: John 19:28-37 - Blood and Water from His Side
- Day 19: Romans 5:6-11 - Justified by His Blood
- Day 20: 1 John 1:5-10 - Walking in the Light of His Cleansing
- Day 21: Reflection & Prayer

04 Remembering, Recognizing, and Enduring in Faith

This week, the fourth week of our Lenten Study, we will explore the biblical theme of remembering—not as a passive recollection, but as an active, lived-out practice of faith. Throughout Scripture, God calls his people to remember who he is, what he has done, and what he has promised. This kind of remembering shapes our daily lives, our families, our endurance in faith, and our ability to recognize Christ in our midst.

What "Remembering" Looks Like – Deuteronomy 6:4-9

Moses commands Israel to love the Lord with all their heart, soul, and strength. This love is expressed through actively engraving his commandments on our hearts, teaching them to our children, and weaving them into every aspect of life—whether sitting at home, traveling, lying down, or rising in the morning. *Remembering is not just a moment in our day; it is a lifestyle.*





How do we live this out today? We engage with God's Word daily, discuss it in our homes, and make it the foundation of our decisions. **Faith is not something we practice in isolation but something we pass down, generation to generation, as a living testimony of God's faithfulness.**

Remembering God's Mighty Works – Psalm 77:11-15

The psalmist declares, "I will remember the deeds of the Lord." Why? Because recalling God's miracles, both in Scripture and in our own lives, strengthens our faith. Our faith is not built on blind hope but on the unchanging character of a God who has delivered, healed, and provided throughout history.

Think of the stories passed down from our grandmothers or the testimonies of answered prayers in our lives. These are not mere memories; they are proof that the same God who delivered Israel still moves in power today.

Remembering vs. Recognizing – Luke 24:13-35

On the road to Emmaus, two disciples walked with the risen Christ, recalling all they had witnessed, yet they failed to recognize him. They remembered his teachings but called him only a prophet, missing the truth of who he was. It was not until he broke the bread that their eyes were opened.

We, too, can remember God's works yet fail to recognize him in our present circumstances. How often do we seek answers but fail to see that Christ is walking with us? Recognizing Christ means seeing him not just in hindsight but in the breaking of bread, in the everyday moments of our faith.

The Early Church Revival & Breaking Bread – Acts 2:42-47

The early church thrived in remembrance and recognition. They devoted themselves to the apostles' teaching, to breaking bread, and to prayer. Their faith was not a private practice but a communal revival. Signs and wonders followed, and their lives bore such fruit that even outsiders took notice.



This is what happens when remembering turns into action—when we do not just recall the Gospel but live it out daily in devotion, generosity, and praise. **Revival comes when we gather, break bread, and make Christ known to those around us.**

The Role of Endurance in Remembrance – 2 Timothy 2:8-13

Paul reminds Timothy to remember Jesus Christ. But this remembrance is not passive—it is an enduring faith that withstands trials. “If we endure, we will also reign with him.” Our sanctification is tested through fire, and our perseverance is a testament to our trust in God’s promises.

In difficult seasons, remembering God's faithfulness fuels our endurance. The lives of those who endure, who remain faithful even in suffering, shine as testimonies of God's sustaining power.

The Marriage Supper of the Lamb – Revelation 19:6-9

The ultimate fulfillment of remembering, recognizing, and enduring is the great marriage supper of the Lamb. Here, we see that the righteous acts of God’s people are like fine linen adorning the Bride of Christ. What we do in faith, how we endure, and how we live out our remembrance all lead us to this final celebration.

This is the culmination of our faith—a day when our endurance will be rewarded, our remembrance will be complete, and we will fully recognize our Savior.

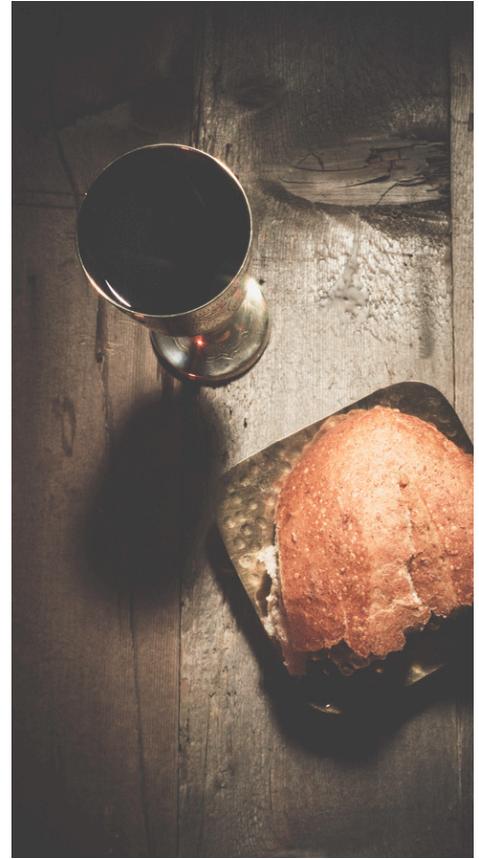
Remembering is not just a mental exercise; it is a way of life. It calls us to engrain God's truth in our hearts, recognize his presence in our daily lives, and endure in faith until the day we celebrate with him in eternity.

Week 4

KEY SCRIPTURE:
I CORINTHIANS II:23-2

Reflection Questions:

- Why is remembrance such a vital part of our faith?
- How does communion shape our understanding of Jesus' ongoing work in our lives?
- In what ways can we cultivate a lifestyle of remembrance?



Daily Readings & Meditations:

- Day 22: Deuteronomy 6:4-9 - Remembering God's Covenant
- Day 23: Psalm 77:11-15 - Remembering God's Mighty Works
- Day 24: Luke 24:13-35 - The Road to Emmaus
- Day 25: Acts 2:42-47 - The Early Church and Breaking Bread
- Day 26: 2 Timothy 2:8-13 - Remember Jesus Christ
- Day 27: Revelation 19:6-9 - The Marriage Supper of the Lamb
- Day 28: Reflection & Prayer

05 One Body, One Blood

The Unity of the Body: A Revelation to the World

In Jesus' final prayer before the cross, he prayed for us: "I pray also for those who will believe in me through their message, that all of them may be one, Father, just as you are in me and I am in you. May they also be in us so that the world may believe that you have sent me" (John 17:20-21). This prayer for unity is not just about agreement or harmony—it is about God's revelation. Through the love and oneness of his people, God reveals himself to the world. *Revelation is the way God makes himself known, and one of the most powerful revelations comes through the unity of the Body of Christ.*





The Body of Christ (1 Corinthians 12:12-27)

Paul paints a vivid picture of the church as Christ's body, made up of many different parts, yet all belonging to one another. Every believer has a role, and no one is unnecessary. True unity is not uniformity—it is a diverse body working together in love and purpose. When we honor and care for each other, we reveal Christ to the world.

Unity in the Spirit (Ephesians 4:1-6)

Paul urges us to abide in humility, gentleness, patience, and love, doing the work necessary to keep the unity of the Spirit through the bond of peace. Unity is not something we create; it is something we *keep*—a work of the Spirit that we are called to protect. When we live in this unity, we reflect the very nature of God himself.

One in Christ Jesus (Galatians 3:26-29)

In Christ, every barrier falls. Our identity is not in our nationality, status, or background—it is in Jesus. The world divides people into categories, but the church must show a different way: one body, one family, one faith. When we love across boundaries, we declare the power of the gospel.

The Inclusion of the Gentiles (Acts 10:34-48)

Peter's vision and encounter with Cornelius shattered his understanding of who belonged in God's kingdom. The unity of the Body of Christ extends beyond what we expect or even feel comfortable with. God's heart is for all people. When we embrace one another, we become a living testimony of his grace.

Seeing Christ in Others (Matthew 25:31-40)

Jesus makes it clear—how we treat others is how we treat him. When we serve the hungry, the sick, the imprisoned, and the marginalized, we serve Christ himself. Unity is not theological agreement; it is love in action. The world will see Jesus when we love as he loved.



Bearing with One Another in Love (Colossians 3:12-17)

Unity requires grace. We are called to clothe ourselves in compassion, kindness, humility, gentleness, and patience, bearing with one another and forgiving as the Lord forgave us. When we live this way, peace rules in our hearts, and the world takes notice.

Reflection & Prayer

How is God calling us to reveal him through unity? Where do we need to extend love, patience, and grace? This week, let's ask the Lord to deepen our understanding of what it means to be one body, united in his Spirit. May we be an answer to Jesus' prayer, that the world may see and believe.

"In essentials, unity; in non-essentials, liberty; in all things, charity." —Augustine of Hippo

Week 4

KEY SCRIPTURE:
JOHN 17:20-23

Reflection Questions:

- How does communion reflect our unity with other believers?
- What does it mean to be the Body of Christ?
- How can we live in deeper unity with those around us?



Daily Readings & Meditations:

- Day 29: 1 Corinthians 12:12-27 - The Body of Christ
- Day 30: Ephesians 4:1-6 - Unity in the Spirit
- Day 31: Galatians 3:26-29 - One in Christ Jesus
- Day 32: Acts 10:34-48 - The Inclusion of the Gentiles
- Day 33: Matthew 25:31-40 - Seeing Christ in Others
- Day 34: Colossians 3:12-17 - Bearing with One Another in Love
- Day 35: Reflection & Prayer

