Luke 22:19-20

And He took bread, gave thanks and broke it, and gave it to them, saying, "This is My body which is given for you; do this in remembrance of Me." Likewise He also took the cup after supper, saying, "This cup is the new covenant in My blood, which is shed for you."

Once a month, we take communion at the church I go to. And like others, I examining my life, looking at all my sins and bringing them before the Lord before I partake of the bread and cup..

But you know what, there are many who will not take communion because they think they are not ready, or they think that they have messed up to much over the last week or month. So they will wait until the next month to take communion.

Now I don't want to judge anyone for doing this, and if you have, then I'm sure you have had your reasons.

But one thing we need to remember when we take communion is that, we are doing it in remembrance of what Jesus has done, not what we have done. If you think you sinned to much to take communion, how much sin is enough to do to take communion, verse how much sin is too much not to take communion?

So if you think that you have sinned too much, and that you can't take communion. Stop and think, who are you honoring by taking communion? Yourself because you were a good person that week or month?

or

Jesus Who accepts you and forgives you because: *This is My body which is given for you* and *My blood, which is shed for you.* (underlined for emphasis)