



Last Supper – First Communion

31 May 2026

Jesus Washes the Disciples' Feet

² During supper, . . .³ Jesus, knowing that the Father had given all things into His hands, and that He had come forth from God and was going back to God, ⁴ *got up from supper, and *laid His outer garments aside; and He took a towel, and tied it around Himself.

⁵ Then He *poured water into the basin, and began washing the disciples' feet and wiping them with the towel which He had tied around Himself.

John 13:2-5 NASB 2020



Peter reacts: John 13:6-11 NASB 2020

*⁶ So He *came to Simon Peter. He *said to Him, “Lord, do You wash my feet?” ⁷ Jesus answered and said to him, “What I am doing you do not realize right now, but you will understand later.” ⁸ Peter *said to Him, “Never shall You wash my feet!” Jesus answered him, “If I do not wash you, you have no place with Me.” ⁹ Simon Peter *said to Him, “Lord, then wash not only my feet, but also my hands and my head.” ¹⁰ Jesus *said to him, “**He who has bathed needs only to wash his feet, otherwise he is completely clean; and you are clean, but not all of you.**” ¹¹ For He knew the one who was betraying Him; . . .”*



Matthew 6:9-15 The Lord's prayer ***(Worldwide English New Testament)***

⁹ So talk to your God like this:

"Our Father in heaven, may your name be kept holy.

¹⁰ "May your kingdom come. May your will be done on earth as it is in heaven.

¹¹ "Give us our food for today.

¹² "Forgive us for the wrong things we have done, the way we forgive those who have done wrong things to us.



Matthew 6:9-15 The Lord's prayer – continued (Worldwide English New Testament)

¹³ "Do not test us but help us, so that no one will make us do wrong. Deliver us from the evil one.

*The kingdom and power and praise belong to you for ever.
Amen!"*

¹⁴ 'If you forgive others for the wrong things they have done, then your Father in heaven will forgive you. ¹⁵ But if you do not forgive others, your Father will not forgive you for the wrong things you have done.'



³⁴ I am giving you a new commandment, that you love one another; just as I have loved you, that you also love one another. ³⁵ By this all people will know that you are My disciples, if you have love for one another.”

John 13:34-35 NASB 2020



How does Jesus love us?

⁸ . . . God demonstrates His own love toward us, in that while we were still sinners, Christ died for us.

Romans 5:8 NASB 2020

*⁹ If we confess our sins, He is faithful and righteous, so that He will forgive us our sins and cleanse us from all unrighteousness. **1 John 1:9 NASB 2020***



During the last supper/first communion

²³ . . . then Lord Jesus . . . took bread; ²⁴ and when He had given thanks, He broke it and said, “This is My body, which is for you; **do this in remembrance of Me.**”

²⁵ In the same way He took the cup also after supper, saying, “This cup is the new covenant in My blood; **do this, as often as you drink it, in remembrance of Me.**”

1 Corinthians 11:23-25, NASB

Matthew 26:26-28, Mark 14:22-24, Luke 22:19-20

²⁶ For as often as you eat this bread and drink the cup, **you proclaim the Lord’s death until He comes. (1 Cor 11:26)**



Why does Jesus want us to remember His Death

- It reminds us how much He loves us and how much it cost Him to redeem us
- It's the gateway to living in His Kingdom
- It's a chance to reflect on how we are behaving and what we need to confess and address
- It's an opportunity to activate the fruit of the Holy Spirit in our lives




Further comments from Paul

27 Therefore whoever eats the bread or drinks the cup of the Lord in an unworthy manner, shall be guilty of the body and the blood of the Lord. 1 Corinthians 11:27, NASB

(To get full context read 1 Corinthians chapters 10 and 11)





**Some reflections
on forgiving
and dealing with
offence**

1 Corinthians 10:13 Easy-to-Read Version

¹³ The only temptations that you have are the same temptations that all people have. But you can trust God. He will not let you be tempted more than you can bear. But when you are tempted, God will also give you a way to escape that temptation. Then you will be able to endure it.



Ephesians 4:30-32 Easy-to-Read Version

³⁰ And don't make the Holy Spirit sad. God gave you his Spirit as proof that you belong to him and that he will keep you safe until the day he makes you free. ³¹ Never be bitter, angry, or mad. Never shout angrily or say things to hurt others. Never do anything evil. ³² Be kind and loving to each other. Forgive each other the same as God forgave you through Christ.

