The Last Supper: Covenant of Love



Explore the profound meaning of the Last Supper and its enduring covenant of love over five days of heartfelt study and reflection.





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Introduction

The Last Supper remains one of the most significant moments in Christian history. As Jesus gathered with His disciples on the eve of His crucifixion, He established a divine covenant—a sacred bond of love and grace that continues to shape our faith today. This study invites you to journey through the emotions, teachings, and promises embedded in the Last Supper, discovering how God's love calls us to deeper communion with Him and with one another.

Throughout these five days, we will reflect on the powerful symbolism of the bread and the cup, the spirit of servanthood exemplified by Jesus, and the intimate covenant sealed by His sacrifice. By meditating on Scripture, we will see how this event calls us to a life marked by love, humility, and faithfulness.

As you engage with this study, may your heart be opened to the depth of God's love and His invitation to participate in this everlasting covenant. Let this experience inspire you to love others as Christ loves us, embodying the grace that flows so freely from the cross. \heartsuit

















Your Verse

John 6:35 – "Then Jesus declared, 'I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty."

Supporting Scriptures

- Matthew 26:26 "While they were eating, Jesus took bread, and when he had given thanks, he broke it and gave it to his disciples, saying, 'Take and eat; this is my body."
- 1 Corinthians 11:24 "...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."







Devotional: Jesus: Our Sustaining Bread of Life

Jesus declares Himself the Bread of Life. In this metaphor, He offers nourishment not just for our bodies but for our souls. The Last Supper's breaking of bread is a profound symbol—reminding us that Jesus is the source of true life. When we partake of the bread, we remember His sacrifice, acknowledging that without Him, spiritual hunger persists.

This act also invites us to trust in the sustaining grace of Christ amid the challenges of life. The bread broken represents Christ's body given for us; it is a covenant promise of love, sacrifice, and provision. As you reflect today, consider how Jesus fulfills your deepest needs.

Embrace Him as the bread that truly satisfies, and let this truth shape your daily walk.







Reflect and Apply

	What areas of your life are you hungerning for fulfillment that only Jesus can provide?
	How does remembering Jesus' sacrifice through the bread inspire your faith?
3.	In what ways can you share Jesus as the Bread of Life with others?







Journaling Prompts

	Write about a time when you experienced Jesus as your spiritual sustainer.
2.	Reflect on the meaning of Jesus' body being broken for you.
3.	List practical ways to remember and honor Jesus' sacrifice daily.







Prayer for Today

Lord Jesus, thank You for being the Bread of Life, nourishing my soul and filling my spiritual hunger. Help me to trust in Your sustaining grace each day, remembering Your sacrifice with reverence and gratitude. Teach me to share this life-giving bread with those around me, so they too may find true fulfillment in You. Strengthen my faith to rest wholly in Your provision. *Amen.* \(\sumeq \times_{\text{\texts}} \)















Your Verse

Luke 22:20 – "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."

Supporting Scriptures

- Jeremiah 31:31 "The days are coming, declares the Lord, when I will make a new covenant with the people of Israel..."
- Hebrews 9:15 "For this reason Christ is the mediator of a new covenant... for the redemption of the transgressions under the first covenant."







Devotional: Embracing the New Covenant of Grace

The cup represents the new covenant sealed in Jesus' blood. This covenant is a divine promise—a relationship built on grace, forgiveness, and love. Through His shed blood, Jesus made a way for us to be reconciled with God, bridging the gap caused by sin.

As we drink from the cup during Communion, we participate in this sacred promise. It calls us to remember that freedom and cleansing come through the Cross. The new covenant is not merely a contract but a heartfelt commitment from God to His people, inviting us into a transformative relationship.

Today, meditate on the profound love poured out through this covenant and the hope it brings to your life.







Reflect and Apply

1.	What does the new covenant mean for your relationship with God?
2.	How does Jesus' sacrifice inspire you to live differently?
3.	What areas of your life need the cleansing power of this covenant?







Journaling Prompts

	Describe how the new covenant has changed your understanding of God's love.
2.	Write about the importance of forgiveness in your life.
3.	List ways you can live out the grace of the new covenant daily.







Prayer for Today

















Day 3: Servanthood and Love

Your Verse

John 13:14–15 – "Now that I, your Lord and Teacher, have washed your feet, you also should wash one another's feet. I have set you an example that you should do as I have done for you."

Supporting Scriptures

- Philippians 2:3-4 "Do nothing out of selfish ambition... value others above yourselves."
- Mark 10:45 "For even the Son of Man did not come to be served, but to serve..."







Day 3: 💙 Servanthood and Love

Devotional: Love Expressed Through Humble Service

At the Last Supper, Jesus exemplified true servanthood. By washing His disciples' feet, He taught that love expresses itself through humble service. This radical demonstration challenges us to examine how we serve others in our daily lives.

True love is active and selfless. It moves beyond words to tangible acts of kindness, sacrifice, and humility. The covenant Jesus made is not only about receiving grace but reflecting it in our relationships with others.

Consider today how Christ's example inspires your attitudes and actions toward serving those around you.







Day 3: 🥰 Servanthood and Love

Reflect and Apply

1.	How can you embody servanthood in your current relationships?
2.	What barriers prevent you from serving others with humility?
	In what ways does serving others deepen your understanding of God's love?







Day 3: 🥰 Servanthood and Love

Journaling Prompts

1.	Reflect on a time you experienced or offered humble service.
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2.	Write about how Jesus' example challenges your daily priorities.
3.	List simple ways to practice servanthood this week.
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Day 3: Servanthood and Love

Prayer for Today

Jesus, Servant King, thank You for modeling humble love through service. Help me to follow Your example by putting others before myself and serving with a joyful heart. Transform my attitudes, that I might reflect Your grace in tangible ways. May my life be a testament to the love You showed at the Last Supper. *Amen.* 🔾 🔾









Day 4: 💝 Unity in the Covenant









Day 4: 💛 Unity in the Covenant

Your Verse

Ephesians 4:3 – "Make every effort to keep the unity of the Spirit through the bond of peace."

Supporting Scriptures

- 1 Corinthians 10:17 "Because there is one bread, we who are many are one body, for we all share the one bread."
- John 17:21 "That all of them may be one, Father, just as you are in me and I am in you."







Day 4: 💙 Unity in the Covenant

Devotional: Walking in Unity Through God's Covenant

The Last Supper symbolizes more than individual grace—it calls us to unity. Sharing in the bread and cup connects believers as one body in Christ, transcending differences and divisions. Jesus prayed fervently for our unity, reflecting the perfect harmony of the Father and the Son.

In the covenant of love, we are invited to live in peace and fellowship with one another. Unity requires effort, humility, and grace as we navigate challenges and seek reconciliation. It is a powerful testimony to the world of God's love at work.

Reflect on your role in fostering unity within your community and church.







Day 4: 💙 Unity in the Covenant

Reflect and Apply

1.	What steps can you take to promote unity where you live and worship?
	How does understanding the covenant deepen your commitment to community?
3.	In what ways can you bridge divisions and be a peacemaker?







Day 4: 💙 Unity in the Covenant

Journaling Prompts

1.	Write about experiences of unity or disunity in your faith community.
2.	Reflect on how unity honors God's covenant with us.
3.	List practical actions to build peace and fellowship where you are.







Day 4: 💛 Unity in the Covenant

Prayer for Today

God of Peace, thank You for calling us into unity through the covenant of Your Son. Help me to be a peacemaker and to foster harmony within my community. Teach me patience and grace as I seek to build bridges and uphold the bond of love we share in Christ. May our unity glorify Your name. Amen. 💛 😂 🖤















Your Verse

Galatians 2:20 – "I have been crucified with Christ and I no longer live, but Christ lives in me."

Supporting Scriptures

- Romans 12:1 "Offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship."
- Colossians 3:17 "And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus."







Devotional: Embracing a Life Transformed by Covenant Love

The covenant established at the Last Supper calls for a transformed life. It is not a one-time event but a daily commitment to live in the light of Christ's love and sacrifice. Paul's words remind us that through union with Christ, our old selves are surrendered, and a new life begins.

Living the covenant means offering ourselves wholly to God—our thoughts, actions, and choices. It manifests in worship, service, and relationships, reflecting Jesus in all we do. Each day offers a fresh opportunity to embody the covenant's promises through faithfulness and love.

As this study concludes, consider the daily walk of grace, holding fast to the covenant that unites us.







Reflect and Apply

1.	How does the covenant of the Last Supper influence your daily decisions?
2.	In what ways can you live more fully surrendered to Christ each day?
3.	What areas of your life need transformation in light of this covenant?







Journaling Prompts

Describe what it means for you to live 'crucified with Christ.'
Reflect on how your daily worship reflects the covenant.
Set personal goals to live out covenant love this week.







Prayer for Today

Lord Jesus, thank You for the covenant of love sealed at the Last Supper. Help me to live each day surrendered to You, letting Your life shine through mine. Transform my heart and guide my steps, that I may honor Your sacrifice in all I do. Strengthen me to reflect Your love faithfully. *Amen.* *







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