

## Self Portrait

### Description

[RG AUDIO 031216](#)

1 Corinthians 11:17-34

Taking selfies—a picture of yourself using your camera phone—is all the rage. Technology has made it possible for us to capture the best angle of ourselves without the awkward blinking or facial expressions that plague so many old-fashioned film pictures. Thanks to this technology, we can take as many pictures as we need to find the perfect one and then post it online for the entire world to see.

When it comes to communion, God calls us to take a spiritual selfie. We're asked to take an honest look inside our hearts to see if anything is blocking our relationship with God or others. This kind of selfie can't be swiped away if we find something unflattering about ourselves. The only delete button available here is the forgiveness offered through Christ.

We owe it to ourselves and our community of believers to examine the state of our heart before taking the cup and bread. This honest assessment will help us clearly appreciate Christ's sacrifice and the grace He continues to give.

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