

# *The Bread & The Cup*

40 Days of Communion



By Rose Murdock

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The Bread and the Cup: *40 Days of Communion*

By Rose Murdock

A part of *The Day Series*

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# *The Bread & The Cup*

40 Days of Communion



*By Rose Murdock*

*The Day Series*



*The Bread and the Cup* is a collection of 40 Scriptures which can be used as a morning devotional, or anytime you wish to have communion with the Lord. There is no particular order to follow, they are in order biblically. Use the lined space to write about your conversation and communion time with the Lord. There is blank space if you prefer to sketch. Enjoy!

1. Genesis 2:16-17
2. Genesis 3:8
3. Genesis 14:17-20
4. Psalm 95:1-3
5. Matthew 4:1-4
6. Matthew 15:7-11
7. Luke 7:18-23
8. Luke 22:41-42
9. John 1:1-14
10. John 6:56-58
11. John 8:31-32
12. John 14:1-3
13. John 15:3
14. John 15:4-5
15. John 15:7
16. John 15:13
17. John 19:28-30
18. 1 Corinthians 6:20
19. 1 Corinthians 11:23-26
20. 1 Corinthians 11:27-32
21. 2 Corinthians 2:14-16
22. 2 Corinthians 5:18-19
23. Galatians 2:20
24. Philippians 2:5-11
25. Colossians 2:13-14
26. Hebrews 3:12-15
27. Hebrews 4:14-16
28. Hebrews 7:1-4
29. Hebrews 7:14-17
30. Hebrews 9:11-12
31. Hebrews 9:13-14
32. Hebrews 9:15-17
33. Hebrews 9:18-22
34. Hebrews 11:5 & Genesis 5:24
35. Hebrews 13:10-14
36. Hebrews 13:15
37. 1 Peter 2:21-25
38. 1 John 1:5-7
39. Revelation 7:9-17
40. Revelation 12:10-11



















## 9. John 1:1-14

*“<sup>1</sup> In the beginning was the Word, and the Word was with God, and the Word was God. <sup>2</sup> He was in the beginning with God. <sup>3</sup> All things came into being through Him, and apart from Him nothing came into being that has come into being. <sup>4</sup> In Him was life, and the life was the Light of men. <sup>5</sup> The Light shines in the darkness, and the darkness did not comprehend it. <sup>6</sup> There came a man sent from God, whose name was John. <sup>7</sup> He came as a witness, to testify about the Light, so that all might believe through him. <sup>8</sup> He was not the Light, but he came to testify about the Light. <sup>9</sup> There was the true Light which, coming into the world, enlightens every man. <sup>10</sup> He was in the world, and the world was made through Him, and the world did not know Him. <sup>11</sup> He came to His own, and those who were His own did not receive Him. <sup>12</sup> But as many as received Him, to them He gave the right to become children of God, even to those who believe in His name, <sup>13</sup> who were born, not of blood nor of the will of the flesh nor of the will of man, but of God. <sup>14</sup> And the Word became flesh, and dwelt among us, and we saw His glory, glory as of the only begotten from the Father, full of grace and truth.”*

The Word of God became flesh. The Word which created all things. The Word which brings Light—Light that overcomes darkness. This Word contains life, and came and lived among us. This living Word of God was rejected by His own people. But to those who receive Him and believe in His Name, He gives the right to be born fresh and new--born of God. O God, Your Word has a name—Jesus. He is full of Your glory, grace and truth! I choose to believe in Your Word, Your Name, Your Son—Jesus! Thank You Jesus for leaving Heaven to come to us!

Imagine God speaking to create the world. The words are powerful and alive. The words themselves go out and create whatever God says for them to do. Now, these words shine into the darkness, making it light. These words shine into dark hearts and make them light. Imagine hearts coming alive as the Light hits them. See the smiles of joy and peace coming upon the faces. Feel the Light hit your own heart. Leaps of joy and love for the Light, the Word, Jesus.

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## 12. John 14:1-3

“<sup>1</sup> Do not let your heart be troubled; believe in God, believe also in Me. <sup>2</sup> In My Father’s house are many dwelling places; if it were not so, I would have told you; for I go to prepare a place for you. <sup>3</sup> If I go and prepare a place for you, I will come again and receive you to Myself, that where I am, there you may be also.”

Lord Jesus, You left this earth after paying the ultimate sacrifice for my sins. You went to prepare a place for me. A place where I can be with You where You are. We are engaged! And You are preparing our home! This doesn’t mean we are not together now, for You’ve sent Your Spirit to fill my heart. Your love has been poured into my heart through the Holy Spirit. Our love will grow more and more until the day You come again—the great wedding day!

Imagine standing with Jesus in Heaven. You are in front of a beautiful home. He is smiling and invites you to come inside and see the place He’s prepared for you. You go inside with Him. What do you see?

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## 24. Philippians 2:5-11

*“<sup>5</sup> Have this attitude in yourselves which was also in Christ Jesus, <sup>6</sup> who, although He existed in the form of God, did not regard equality with God a thing to be grasped, <sup>7</sup> but emptied Himself, taking the form of a bond-servant, and being made in the likeness of men. <sup>8</sup> Being found in appearance as a man, He humbled Himself by becoming obedient to the point of death, even death on a cross. <sup>9</sup> For this reason also, God highly exalted Him, and bestowed on Him the name which is above every name, <sup>10</sup> so that at the name of Jesus every knee will bow, of those who are in heaven and on earth and under the earth, <sup>11</sup> and that every tongue will confess that Jesus Christ is Lord to the glory of God the Father.”*

Jesus, You humbled Yourself by becoming obedient to the point of death—even the horrible death of a cross. First You emptied Yourself of all Your godly privileges, then You humbled Yourself here to suffer this death. This is the attitude I want to have—the emptying of my own “rights” and the humbling to the point of death on my cross. I take up my cross daily to follow You.

Luke 9:23

Imagine you are standing somewhere alone. Jesus comes from Heaven—from Glory—and stands in front of you. He walks closer, and the glory of Heaven fades so you can clearly see the attitude of humility in Him. He hands you something. It looks like a scarf, but you know that it’s His humility. You take it from Him, put it around your shoulders, and it absorbs into you, entering your heart. He returns to Heaven—highly exalted by the Father. His humility remains with you.

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## 30. Hebrews 9:11-12, 24

*“<sup>11</sup> But when Christ appeared as a high priest of the good things to come, He entered through the greater and more perfect tabernacle, not made with hands, that is to say, not of this creation; <sup>12</sup> and not through the blood of goats and calves, but through His own blood, He entered the holy place once for all, having obtained eternal redemption.”*

*“<sup>24</sup> For Christ did not enter a holy place made with hands, a mere copy of the true one, but into heaven itself, now to appear in the presence of God for us;”*

The priests would enter every year into the holy of holies—the place behind the second veil. They would take blood and offer it to God for the sins of the people. But Jesus’ blood enabled Him to enter into a greater and more perfect tabernacle—the true holy of holies. The holy of holies on this earth was just a copy of the one in Heaven. This heavenly tabernacle is not something we have made, but God. Jesus entered with His blood, which is deserving of the very best—the true holy of holies. He does not have to enter every year, but did it once and for all. His blood cleanses our very conscience from dead works. His blood is that pure, and that powerful. Jesus, You are our High Priest—the Highest High Priest of all.

Imagine Jesus walking into heaven itself—where God is. He is bringing His blood into the very presence of God and presenting Himself to the Father. He carries your sin with Him. As He presents His blood to the Father, God says, “It is enough.” All of your sin is washed away by His words, and as you watch you feel your conscience cleansed and purified from all sin, and of all of your own attempts to justify or cleanse yourself.

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## 31. Hebrews 9:13-14

*“<sup>13</sup> For if the blood of goats and bulls and the ashes of a heifer sprinkling those who have been defiled sanctify for the cleansing of the flesh, <sup>14</sup> how much more will the blood of Christ, who through the eternal Spirit offered Himself without blemish to God, cleanse your conscience from dead works to serve the living God?”*

Jesus, Your pure, spotless blood, which You offered to the Father, is much greater than any blood of goats and calves which could not cleanse a person’s conscience. Your blood, however, is pure enough, powerful enough, to cleanse our conscience. Your blood purges our hearts from sin once and for all—no more remembrance! No more guilt and shame!

Imagine the blood of Jesus being poured into your heart. With every beat it is pumped throughout your body. Into your brain so your thoughts are cleansed. Into your eyes and ears so what you see and hear—how you perceive and judge—is cleansed. Into your lungs and mouth so your speech is cleansed, and into your hands and feet so your path, your actions and your work is cleansed.

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## 32. Hebrews 9:15-17

*“<sup>15</sup> For this reason He is the mediator of a new covenant, so that, since a death has taken place for the redemption of the transgressions that were committed under the first covenant, those who have been called may receive the promise of the eternal inheritance. <sup>16</sup> For where a covenant is, there must of necessity be the death of the one who made it. <sup>17</sup> For a covenant is valid only when men are dead, for it is never in force while the one who made it lives.”*

Jesus, this new covenant that You established with us required Your death. Just as a last will and testament only goes into effect when a person dies—so Your new covenant went into effect with the death of Your Son. I am a beneficiary of this covenant---and all who believe in You are too!

Imagine Jesus standing in heaven after having died, been buried and rose again. He is holding His last will and testament written on a scroll. He opens the scroll and pulls a book out of it, and gives it to you. In it is hidden the revelation of His will—the covenant to all who believe. This is your personal copy. As you take the book, a fresh determination rises in your heart to study this book with the counsel of the Holy Spirit for understanding.

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### 33. Hebrews 9:18-22

*“<sup>18</sup> Therefore even the first covenant was not inaugurated without blood. <sup>19</sup> For when every commandment had been spoken by Moses to all the people according to the Law, he took the blood of the calves and the goats, with water and scarlet wool and hyssop, and sprinkled both the book itself and all the people, <sup>20</sup> saying, “This is the blood of the covenant which God commanded you.” <sup>21</sup> And in the same way he sprinkled both the tabernacle and all the vessels of the ministry with the blood. <sup>22</sup> And according to the Law, one may almost say, all things are cleansed with blood, and without shedding of blood there is no forgiveness.”*

Both of Your covenants required the shedding of blood to implement. This is Your judgment—that sin requires the shedding of innocent blood to atone for it—to provide forgiveness. This is the price of sin. Sin is not free. There is a consequence to sin. We may not always see it immediately, even in this life, which is why the sacrifice of blood is necessary--so we understand the price and consequence of sin. The blood of animals did not fully cleanse; it did not purge the conscience. But Your blood, Jesus, does purge our conscience from sin and dead works, giving us a new heart—a new spirit—and pays the price in full for our sin!

Imagine walking down the hallway of justice in heaven. There are angels side by side guarding each side of the narrow path. It is a long hallway and there is no escape from this path. At the end is the throne of God. The place where all sin is accounted for. There is no going back, and you start to feel nervous as you get closer to the throne. Then, Jesus steps in front of you with the cup of His blood. He pours it out on you and you are cleansed. He walks with you to the throne. He has paid the price for your sin, and stands with you before God, as your advocate.

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## 34. Hebrews 11:5 & Genesis 5:24

*“<sup>5</sup> By faith Enoch was taken up so that he would not see death; and he was not found because God took him up; for he obtained the witness that before his being taken up he was pleasing to God.”*

*“<sup>24</sup> Enoch walked with God; and he was not, for God took him.”*

Enoch walked with God by faith. He was pleasing to God and everyone knew it—that was his reputation. Lord, I want the same reputation—that I walk with You and please You. I take the initiative to do those things that bring me close to You, into Your very throne room. I can go there now by the Holy Spirit because of Jesus making the way. I want to be with You where You are.

See also Ephesians 2:4-6

Imagine walking with Jesus on the shore of a beach here on earth. You are enjoying each other’s company, having been forgiven and cleansed by His blood. Others see you walking with Him and are inspired by your faith, hungering for more of God and begin worshiping Him more. As you’re walking, Jesus turns and takes your hand, looks up and brings you up into heaven, into the throne room of God. There is a place for you to sit, and He seats you in this heavenly place with Him.

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## 35. Hebrews 13:10-14

*“<sup>10</sup> We have an altar from which those who serve the tabernacle have no right to eat. <sup>11</sup> For the bodies of those animals whose blood is brought into the holy place by the high priest as an offering for sin, are burned outside the camp. <sup>12</sup> Therefore Jesus also, that He might sanctify the people through His own blood, suffered outside the gate. <sup>13</sup> So, let us go out to Him outside the camp, bearing His reproach. <sup>14</sup> For here we do not have a lasting city, but we are seeking the city which is to come.”*

Jesus, You were sacrificed outside the camp—cast out, isolated, bearing my sin. I choose to identify with You. I am not greater than You. I am Your disciple. I bear Your reproach outside the camp. I am not ashamed of You. I want to be like You. I want my reputation to be that I am Yours. I want others to know by the way I talk, that I’ve been with You. I want Your fragrance to be upon me.

Matthew 10:24,25, Acts 4:13, 2 Corinthians 2:14-16

Imagine walking the path Jesus walked, and interacting as He did with others. As you walk, you leave an area where everyone is enjoying themselves, laughing and talking. You follow the path of Jesus away from the people and you come to a cross. It has your name on it, it’s yours. You pick it up and follow in Jesus’ footsteps. You come to a place where you are on the cross. Imagine the death. Then, the resurrection as He gives new life to your heart, washing away your sin with His blood. As He cleanses you, His fragrance comes upon you. Wherever you go and whatever you say is filled with this fragrance.

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## 36. Hebrews 13:15

*“<sup>15</sup> Through Him then, let us continually offer up a sacrifice of praise to God, that is, the fruit of lips that give thanks to His name.”*

Through You, Jesus, I continually offer up a sacrifice of praise to God---words of thanksgiving and praise. I will continually, in all situations, offer praise to God. Through You, I am able to do it because You shed Your blood for me, sanctifying me, my heart and the words of my mouth.

Psalm 19:14

Imagine words forming in your heart. You might be tired, and words of complaint want to form. You might feel angry, and bitter words want to form. You might feel discouraged, and hopeless words want to form. Suddenly, you see Jesus within you and remember the sacrifice He made for you. You remember that He washed away all of your sin and filled you with light. You see the light shine on the words in your heart. The words respond to the light and form into words of praise. You see them take shape and bring them up out of your heart, speaking out the words of praise and thanksgiving.

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## 37. 1 Peter 2:21-25

*“<sup>21</sup> For you have been called for this purpose, since Christ also suffered for you, leaving you an example for you to follow in His steps, <sup>22</sup> who committed no sin, nor was any deceit found in His mouth; <sup>23</sup> and while being reviled, He did not revile in return; while suffering, He uttered no threats, but kept entrusting Himself to Him who judges righteously; <sup>24</sup> and He Himself bore our sins in His body on the cross, so that we might die to sin and live to righteousness; for by His wounds you were healed. <sup>25</sup> For you were continually straying like sheep, but now you have returned to the Shepherd and Guardian of your souls.”*

You bore **my** sins in Your body on the cross so that I could die to sin and live to righteousness. This is what I want—to be dead to sin so that sin does not rule over me. You are my example. I follow in Your steps. I don’t return threats, or speak deceitful words, or commit any sin, but trust myself to the One who judges righteously. If I sin, I confess, and You forgive. Your wounds provided healing for me—forgiveness and healing. I will not stray any longer, but return to You, stay close to You—the Shepherd and Guardian of my soul!

Imagine Jesus on the cross. He looks at you. When He does, His eyes penetrate your soul, to the core of your being. They are eyes of love, forgiveness and healing. His love creates a spring, a fountain, within you that flows out of you continually. Any negative words or threats that try to come from the outside in cannot get in because of the continual outward flow of the spring. These negative words come, but do not get inside of you. The love of God continues to flow out of you, allowing nothing evil to come in.

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## 38. 1 John 1:5-7

*“<sup>5</sup>This is the message we have heard from Him and announce to you, that God is Light, and in Him there is no darkness at all. <sup>6</sup>If we say that we have fellowship with Him and yet walk in the darkness, we lie and do not practice the truth; <sup>7</sup>but if we walk in the Light as He Himself is in the Light, we have fellowship with one another, and the blood of Jesus His Son cleanses us from all sin.”*

Holy Father, You are Light. I want to walk in the Light—in Your light, the true Light. When I do, the blood of Jesus cleanses me from all sin so I can have fellowship with You. Light came to the earth. Light poured into me in the form of the blood of Jesus.

Imagine seeing Jesus in heaven with a cup. It is His blood and He pours it into your heart. As it pours into you, it turns into light and spreads throughout your body. This liquid light goes into your arteries and veins, flooding through you and cleansing you of all sin. As you move around, the light stays with you wherever you go. This light is God, and He is with you, and in you, and you have close fellowship with Him. You can speak with Him whenever you want.

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## 39. Revelation 7:9-17

*“<sup>9</sup> After these things I looked, and behold, a great multitude which no one could count, from every nation and all tribes and peoples and tongues, standing before the throne and before the Lamb, clothed in white robes, and palm branches were in their hands; <sup>10</sup> and they cry out with a loud voice, saying, “Salvation to our God who sits on the throne, and to the Lamb.” <sup>11</sup> And all the angels were standing around the throne and around the elders and the four living creatures; and they fell on their faces before the throne and worshiped God, <sup>12</sup> saying, “Amen, blessing and glory and wisdom and thanksgiving and honor and power and might, be to our God forever and ever. Amen.” <sup>13</sup> Then one of the elders answered, saying to me, “These who are clothed in the white robes, who are they, and where have they come from?” <sup>14</sup> I said to him, “My lord, you know.” And he said to me, “These are the ones who come out of the great tribulation, and they have washed their robes and made them white in the blood of the Lamb. <sup>15</sup> For this reason, they are before the throne of God; and they serve Him day and night in His temple; and He who sits on the throne will spread His tabernacle over them. <sup>16</sup> They will hunger no longer nor thirst anymore; nor will the sun beat down on them, nor any heat; <sup>17</sup> for the Lamb in the center of the throne will be their shepherd, and will guide them to springs of the water of life; and God will wipe every tear from their eyes.”*

Robes become white when washed in the blood of the Lamb. There is a washing, a cleansing, a re-creation that You do within my heart, and there is something I do—wash my robe in Your blood. I remain faithful to You no matter what happens. Even after great tribulation, those who remain faithful to You will serve You before Your throne day and night. You spread Your tabernacle over them, provide, guide and comfort.

Imagine standing before the throne of God and before the Lamb, Jesus Christ. You have on a white robe that you have washed in the blood of Jesus. You have palm branches in your hands. You begin to worship the Lord with the palm branches and declare His salvation. You have come from a great battle and His presence feels wonderful. Then, God spreads His tabernacle—the tent where He lives—over you. He’s including you into His space. You are safe, and He wipes away your tears. He invites you to be here with Him day and night. The joy of serving Him consumes you. Jesus stands up, and as a shepherd, leads you to springs of the water of life.

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## 40. Revelation 12:10-11

*“<sup>10</sup> Then I heard a loud voice in heaven, saying, “Now the salvation, and the power, and the kingdom of our God and the authority of His Christ have come, for the accuser of our brethren has been thrown down, he who accuses them before our God day and night. <sup>11</sup> And they overcame him because of the blood of the Lamb and because of the word of their testimony, and they did not love their life even when faced with death.”*

Thank You Jesus that even though the accuser accuses me day and night before God, I overcome because of Your blood. I would have no defense—I do not have a defense to justify myself—but I have Your blood which cleanses me from all sin.

Imagine you are courageously speaking your testimony of faith in Jesus Christ to a crowd standing around you. Some like what you say, but some don't. Some get quite angry. Jesus walks around you. As He does, a wall of His blood surrounds you, protecting you. You can see through this wall and you still speak boldly, yet lovingly. Those who don't like what you say shoot arrows of accusation at you. Some of the accusations are true—they are things you have done wrong, and some of the accusations are lies. But all of them dissolve in the blood of Jesus that surrounds you.

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