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In Remembrance of Me

BY ROB ERICH

“Do this in remembrance of me.”—Luke 22:19 NIV

Growing up in the Adventist Church, I have always valued Communion. I was told as a young kid that I could not participate in the service until I was baptized, and I was very disappointed. I didn't really care about the foot washing, because my mom gave me regular baths. But the snack—I was very saddened to miss out on that.

As I got older, I saw that Communion was not about eating and bathing—it was about something much more. It was about remembering the Man who is “the way and the truth and the life” (John 14:6 NIV). This sacred service is a reminder of the love Christ showed us through His death for our sins.

After washing His disciples' feet, Jesus said, “Now that you know these things, you will be blessed if you do them” (John 13:17 NIV). And after giving out the bread, He said, “Do this in remembrance of me” (Luke 22:19 NIV). For centuries Christians have participated in Communion to be blessed and to remember Calvary.

Perhaps, when Christ washed the disciples' feet, broke the bread that represented His body and gave it out to them, He was suggesting more than for us to do the exact same thing. Perhaps He was suggesting that we emulate His behavior—His life.

Christ gave the bread and wine to portray the giving of His physical body. Christ washed His disciples' feet to demonstrate how we must serve others through the lowest of tasks. Foot washing was detestable at that time. Today, it is easy for me to tell someone that Christ gave His body for her. It is noble and expected to wash another church



member's feet—there is no shame in that.

The difficulty lies in me seeing the bread as my body, to be broken for my fellow man. The challenge takes place when I replace foot washing with picking up the garbage overflowing from the trash bin or ponder joining the potluck table with someone who is socially awkward. Does remembering Jesus mean portraying love when it makes me uncomfortable?

“I tell you the truth, whatever you did for one of the least of these brothers and sisters of mine, you did for me,” (Matthew 25:40

NIV).

We should start using Communion as a time to think about how we can emulate Christ's behavior in a way that remembers His sacrifice for us and brings glory to Him. Maybe I should give the homeless man a bath. Maybe I should feed the woman on the side of the street. The next time you partake of Communion, ponder the gifts of life, redemption and eternal life that Christ has given you—and then take some time to think about what you are doing in remembrance of Him.

Rob Erich is pursuing a degree in business management at Andrews University. Rob regularly attends the Harbor of Hope Church in Benton Harbor, Michigan, where he and his brother teach the four- to six-year-olds Sabbath school. His home church is in Willis, California.