



**Matthew 21:1-11**

"While they were eating, Jesus took bread, gave thanks and broke it, and gave it to his disciples, saying, 'Take and eat; this is my body.' Then he took the cup, gave thanks and offered it to them, saying, 'Drink from it, all of you. This is my blood of the covenant, which is poured out for many for the forgiveness of sins. I tell you, I will not drink of this fruit of the vine from now on until that day when I drink it anew with you in my Father's kingdom.' When they had sung a hymn, they went out to the Mount of Olives." Matthew 26:26-30 (NIV)

"A man ought to examine himself before he eats of the bread and drinks of the cup." 1 Corinthians 11:28 (NIV)

**Spiritual Heart Checkup** (Never, Sometimes, Often)

N - S - O	Complains frequently	N - S - O	Cautious with my faith
N - S - O	Compares with arrogance	N - S - O	Chores are: Bible, prayer, giving
N - S - O	Critical of others	N - S - O	Can't focus on worship
N - S - O	Callous to God's work		

**Strategies for a S.O.F.T. heart:**

**S= Select what's valuable.**

"Create in me a pure heart, O God, and renew a steadfast spirit within me. Do not cast me from your presence or take your Holy Spirit from me. Restore to me the joy of your salvation and grant me a willing spirit, to sustain me." Psalm 51:10-12 (NIV)

"They were casting a net into the lake, for they were fisherman. 'Come, follow me,' Jesus said, 'and I will make you fishers of men.' At once they left their nets and followed him." Matthew 4:18-20 (NIV)

**O= Openly admit the condition of my heart.**

"Have mercy on me, O God, according to your unfailing love; according to your great compassion blot out my transgressions. Wash away all my iniquity and cleanse me from my sin. For I know my transgressions, and my sin is always before me. Against you, you only, have I sinned and done what is evil in your sight..." Psalm 51:1-4 (NIV)

"Jesus knew right away what they were thinking..." Mark 2:8 (MSG)

**F= Forge ahead.**

"Then I will teach transgressors your ways, and sinners will turn back to you. Save me from bloodguilt, O God, the God who saves me, and my tongue will sing of your righteousness." Psalm 51:13-14 (NIV)

"There is one thing I always do. Forgetting the past and straining toward what is ahead, I keep trying to reach the goal and get the prize for which God called me through Christ to the life above." Philippians 3:13-14 (NCV)

**T= Turn up the volume.**

"You do not delight in sacrifice, or I would bring it; you do not take pleasure in burnt offerings. The sacrifices of God are a broken spirit; a broken and contrite heart, O God, you will not despise. In your good pleasure make Zion prosper; build up the walls of Jerusalem." Psalm 51:16-18 (NIV)

"Here's what I want you to do: Find a quiet, secluded place so you won't be tempted to role-play before God. Just be there as simply and honestly as you can manage. The focus will shift from you to God, and you will begin to sense his grace." Matthew 6:6 (MSG)

**What is the Lord's Supper?**

**It is a simple act.**

"The Lord Jesus, on the night He was betrayed, took bread ..." 1 Corinthians 11:23 (NIV)

**It is a reminder.**

"...and when He had given thanks, he broke it and said, 'This is my body, which is for you; eat it in remembrance of me.'" 1 Corinthians 11:24 (NIV)

**It is a symbol.**

"In the same way, He took the cup, saying, 'This is the new covenant in my blood; drink it in remember of me.'" 1 Corinthians 11:25 (NIV)

**It is a statement of faith.**

"For whenever you eat the bread and drink the cup, you proclaim the Lord's death until He comes back." 1 Corinthians 11:26 (NIV)