



5 Daily Devotionals

Day 1 — A Quiet Night, Full of Meaning

Key Verse:

Luke 22:19 — *“And He took bread, and when He had given thanks, He broke it and gave it to them...”*

Reflection

Some of the holiest moments in Scripture do not happen in thunder and spectacle, but in quiet rooms with flickering lamps and trembling hearts. That’s how this night begins. Jesus gathers with His disciples for the Passover meal, a feast filled with memory, rescue, and promise. But tonight, everything is moving toward something even greater.

Jesus knows what is coming. He knows betrayal is already in motion. He knows the garden, the trial, and the cross are near. Yet what does He do in those final hours before suffering? He gives.

He gives bread. He gives the cup. He gives words of promise. He gives Himself.

That is the heart of Christ. He is never stingy with mercy. Even on the edge of His own suffering, His attention is turned toward His people. Toward their need. Toward their salvation.

And that means His attention is turned toward you too. In the middle of your fears, your uncertainties, and all the things left unresolved, Jesus is still the One who gives.

Prayer

Lord Jesus, in the quiet places of my life, help me see Your presence and Your gifts. When my heart is restless, remind me that You are still the One who gives. Amen.

Day 2 — The Table for the Weak

Key Verse:

Matthew 26:28 — *“For this is My blood of the covenant, which is poured out for many for the forgiveness of sins.”*

Reflection

Jesus set His table in the presence of failure.

The men gathered around Him that night were not strong, steady, or spiritually impressive. One would betray Him. Another would deny Him. The rest would scatter. And yet Jesus still welcomed them to His table.

That matters, because sometimes we think God’s gifts are reserved for people who are “doing well.” People who are disciplined, polished, spiritually focused, and emotionally together. But the Lord’s Supper tells a different story. This meal is not for the strong. It is sustenance for the weak. Medicine for the sick. Comfort for the burdened.

That means you do not have to arrive with a cleaned-up heart and a perfect week behind you. You come as one who needs mercy. You come as one who needs Christ.

And that is exactly who He serves.

Jesus does not wait for you to become worthy. He gives Himself to the unworthy. He feeds sinners. He strengthens the weary. He meets His people in their weakness with His own faithful love.

Prayer

Merciful Savior, I bring You my weakness, my failures, and my need. Feed me with Your grace and strengthen my faith in Your promises. Amen.

Day 3 — A Testament Written in Blood

Key Verse:

Hebrews 9:15 — *“Therefore He is the mediator of a new covenant...”*

Reflection

When Jesus lifts the cup, He calls it a **testament**—a covenant, a binding promise, a will that takes effect through death.

That means His words are not mere inspiration. They are not spiritual advice or a poetic farewell. Jesus is declaring what now belongs to His people because of His death.

And what does He place into that inheritance?

Forgiveness. Peace. Reconciliation with the Father. Life that death cannot destroy.

This is the astonishing comfort of the Gospel: Jesus does not leave you guessing about where you stand with God. He speaks clearly. He gives concretely. He attaches His promise to His own body and blood. Not to your feelings. Not to your spiritual performance. Not to how “close” to God you happen to feel today.

His promise rests on Him.

That means when your conscience accuses you, when your past rises up against you, and when your heart feels unsteady, you still have something solid to cling to: Christ has named your inheritance, and He sealed it with His death.

Prayer

Lord Jesus, thank You for giving me a sure and certain promise. When I am tempted to doubt, remind me that Your covenant is stronger than my fears. Amen.

Day 4 — Not Just a Memory, But a Presence

Key Verse:

1 Corinthians 10:16 — *“The cup of blessing that we bless, is it not a participation in the blood of Christ?”*

Reflection

It is natural to remember what Jesus has done. In fact, He tells His disciples to do exactly that. But the gift of this night is more than memory.

Jesus does not leave His people with a sentimental ritual or a symbolic reenactment. He gives something real. Something present. Something living and active. He binds His promise to bread placed in the hand and wine received on the lips.

This is not empty remembrance. It is Christ coming to serve His people with His own body and blood.

That means the Lord's Supper is not about us trying to climb our way up to God through our devotion. It is about God coming down to us in mercy. He meets us where we are. He gives what He promises. He delivers forgiveness not as an abstract idea, but as a gift received.

And what Jesus begins, He completes. The gift given in the upper room is fulfilled at the cross. The same Savior who speaks peace also secures it.

He is not distant from you. He is not merely a figure from long ago. He is the living Christ, still giving Himself for His people.

Prayer

Lord Jesus, thank You for not leaving me with only a memory, but with Your living presence and sure promise. Keep me close to You in faith. Amen.

Day 5 — For You

Key Verse:

Galatians 2:20 — *“The Son of God... loved me and gave Himself for me.”*

Reflection

There are few words in all of Scripture more comforting than these: **for you**.

It is easy to say, “Jesus died for the world.” And that is gloriously true. But sometimes “the world” can feel so large and general that we quietly wonder whether there is really mercy for *me*.

For my sins.

For my shame.

For the thoughts I wish I could take back.

For the failures I carry in silence.

And then Jesus speaks personally: **given and shed for you**.

That is not vague religious language. That is the Gospel aimed directly at your wounded conscience. Jesus is not offering a general possibility of forgiveness. He is giving you forgiveness with your name on it.

His mercy is not reserved for better versions of you. It is for you now—the sinner who repents, the weary soul who struggles, the believer who needs to hear once again that Christ’s cross was enough.

When everything else trembles, these words remain: **for you**.

And because Jesus is for you, you are never beyond His grace.

Prayer

Lord Jesus, when I doubt Your love, speak Your Gospel into my heart again: for you. Help me trust that Your forgiveness is truly mine. Amen.

Small Group Discussion Handout

A Quiet Night, Heavy with Meaning

Theme: Jesus Gives Himself for the Weak

Opening Icebreaker

What is one meal or table memory from your life that still carries deep meaning for you—and why?

Key Passage

Luke 22:19–20

“And he took bread, and when he had given thanks, he broke it and gave it to them, saying, ‘This is my body, which is given for you. Do this in remembrance of me.’ And likewise the cup after they had eaten, saying, ‘This cup that is poured out for you is the new covenant in my blood.’”

Main Reflection

It was a quiet night—but heavy with meaning.

In the upper room, Jesus gathered with His disciples for the Passover meal, the great feast of God’s rescue. For generations, God’s people had celebrated how He delivered them from slavery in Egypt. But on this night, Jesus revealed that the meal had always been pointing to something greater: **Himself**.

He took bread and said, “**This is my body.**”

He took the cup and said, “**This is my blood... shed for you for the forgiveness of sins.**”

And He gave this gift **before** the cross.

That matters.

Jesus gave this meal in the middle of failure. One disciple would betray Him. Another would deny Him. The rest would scatter. Yet Jesus still served them. He still gave Himself to them.

That means this is not a gift for the strong, polished, or spiritually impressive. It is for the weak. For sinners. For those who struggle, doubt, fail, and return empty-handed.

Jesus does not offer vague encouragement or symbolic comfort. He gives something concrete: **His body and blood, given and shed for you**. His forgiveness is not abstract. It is personal. Not just “for the world” in general—but **for you**.

And that “for you” matters when your faith feels tired, your conscience feels heavy, or your heart feels shaky.

On that quiet night, Jesus prepared His people not with strategy, but with **gift**. He gave them Himself. And in doing so, He gave them exactly what they would need for the darkness ahead.

He does the same for us.

Supporting Bible Verses

- **Exodus 12:13–14** – The Passover points to God’s rescue.
 - **Matthew 26:26–28** – Jesus institutes the Supper.
 - **1 Corinthians 10:16** – The cup and bread are a participation in Christ.
 - **1 Corinthians 11:23–26** – “Given for you” and “shed for you.”
 - **Isaiah 53:5** – He was wounded for our transgressions.
 - **John 6:51** – Jesus gives His flesh for the life of the world.
 - **Psalms 23:5** – “You prepare a table before me...”
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Discussion Questions

Observation

1. What details from the upper room scene stand out most to you?
2. Why do you think Jesus chose this moment—just before His suffering—to give this meal?

Interpretation

3. What does it mean that Jesus gave this gift **in the presence of betrayal, weakness, and fear**?

4. Why is the phrase “**for you**” so important in this passage?
5. How does this meal connect Good Friday and the forgiveness won on the cross?

Application

6. In what ways do people often try to appear “strong” or “fine” in church or Christian community?
 7. When have you most needed to hear that Christ’s forgiveness is **personally for you**?
 8. How does knowing that Jesus gives Himself to the weak change the way you approach Him?
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Takeaway Truth

Jesus does not wait for you to become strong enough, clean enough, or worthy enough. He gives Himself to you in mercy, forgiveness, and peace.

Closing Prayer

Lord Jesus Christ,

On the night when You were betrayed, You did not pull away from sinners—you gave Yourself to them. Thank You for giving Your body and shedding Your blood for the forgiveness of sins. When we are weak, remind us that Your mercy is stronger. When we are burdened by guilt, remind us that Your forgiveness is for us personally. Keep us near to Your cross, confident in Your promises, and trusting in Your grace.

Amen.