

Drippings of Grace Ministries

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Communion Meditation for Those Hurt by the Church

Today, as we come to the Lord's Table, we acknowledge that this moment is not always easy. For some, church has been a place of comfort, but for others, it has been a source of pain—pain caused by broken promises, harsh words, exclusion, or even abuse. If you carry those wounds today, you are not alone. And more importantly: **Jesus sees you.**

The table we gather around is not owned by a denomination, a pastor, or an institution. This is *Christ's* table. And the One who invites you here is the same One who was wounded by religious leaders, betrayed by friends, and hung on a cross under the name of justice. He knows the pain of spiritual betrayal.

So, when we take this bread and cup, we're not honoring the church's perfection—we're remembering **Christ's sacrifice**. His body, broken for *you*. His blood, poured out to bring healing, restoration, and peace, even in places where His name has been misused.

This meal is not a reward for the righteous but **grace for the hurting**, nourishment for the weary, and a quiet reminder that Jesus is still good—even when His people have not been.

As you take this communion, know this: You are welcome here. Not because the church has earned your trust, but because Jesus has never let you go.

Let's eat and drink, remembering the One who heals what others have harmed.