



# Communion Meditation

---

*“The Rock was Christ”*

**(1 Corinthians 10:4)**



# Rock was Christ

---

**“and all drank the same spiritual drink, for they were drinking from a spiritual rock which followed them; *and the rock was Christ.*”**

**– 1 Corinthians 10:4**



# Rock was Christ

---

## Meaning

- “*spiritual rock*” – the rock symbolized God’s miraculous and gracious provision to sustain and satisfy His people
- “*spiritual drink*” – the water signified that the people lived by God’s word and His provision alone



# Rock was Christ

---

## Meaning

➤ ***“the rock was Christ”***

- What the rock symbolized (the source of God’s provision for life) is ultimately fulfilled by Christ
- Jesus is the source of “living water” – satisfies our deepest and ultimate needs (**John 4:14**)



# Rock was Christ

---

## Implications

1. Participating in the Lord's Table is not in itself saving/sanctifying
  - Eating "spiritual food" and drinking "spiritual drink" did not spare Israel from God's judgment
  - Do not overestimate the power of communion as a saving sacrament



# Rock was Christ

---

## Implications

2. Participating in the Lord's Table should cause us to flee idolatry
  - In eating and drinking by faith we nourish ourselves on the blessings purchased by Christ's death
  - When you are nourished on the benefits of Christ's death, idols lose their attraction