



The Upper Room: A Place of Connection
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Every one of us can strengthen our relationships and build a life-long support structure by taking five actions demonstrated in Matthew 26:17-35:

As iron sharpens iron, so a friend sharpens a friend. Proverbs 27:17

1. Serving Together

On the first day of the Festival of Unleavened Bread, the disciples came to Jesus and asked, "Where do you want us to prepare the Passover meal for you?" "As you go into the city," he told them, "you will see a certain man. Tell him, 'The Teacher says: My time has come, and I will eat the Passover meal with my disciples at your house.'" So the disciples did as Jesus told them and prepared the Passover meal there. Matthew 26:17-19

Two people are better off than one, for they can help each other succeed. If one person falls, the other can reach out and help. But someone who falls alone is in real trouble. Ecclesiastes 4:9-10

2. Eating Together

Jesus said, "I have been very eager to eat this Passover meal with you before my suffering begins." Luke 22:15

3. Grieving Together

While they were eating, he said, "I tell you the truth, one of you will betray me." Greatly distressed, each one asked in turn, "Am I the one, Lord?" He replied, "One of you who has just eaten from this bowl with me will betray me. For the Son of Man must die, as the Scriptures declared long ago. But how terrible it will be for the one who betrays him. It would be far better for that man if he had never been born!"

Judas, the one who would betray him, also asked, "Rabbi, am I the one?" And Jesus told him, "You have said it." Matthew 26:21-25

John 14

4. Communing Together

As they were eating, Jesus took some bread and blessed it. Then he broke it in pieces and gave it to the disciples, saying, "Take this and eat it, for this is my body." And he took a cup of wine and gave thanks to God for it. He gave it to them and said, "Each of you drink from it, for this is my blood, which confirms the covenant between God and his people. It is poured out as a sacrifice to forgive the sins of many. Mark my words—I will not drink wine again until the day I drink it new with you in my Father's Kingdom." Matthew 26:26-29

5. Singing Together

Then they sang a hymn and went out to the Mount of Olives. Matthew 26:30

Let the message about Christ, in all its richness, fill your lives. Teach and counsel each other with all the wisdom he gives. Sing psalms and hymns and spiritual songs to God with thankful hearts. Colossians 3:16

They worshiped together at the Temple each day, met in homes for the Lord's Supper, and shared their meals with great joy and generosity - all the while praising God and enjoying the goodwill of all the people. And each day the Lord added to their fellowship those who were being saved. Acts 2:46-47