

HOLY COMMUNION MESSAGES

The body and the blood,
a great high gift.

THE KINGDOM OF GOD IS NOT IN WORD BUT IN POWER



1st Corinthians 4:20

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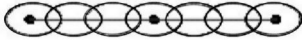


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Introduction



Contained here are various messages and teachings on partaking in Holy Communion. As in every blessing or gift that we receive from God, what we believe and how we apply our faith greatly determines what we will receive from it. This is also true in partaking in Holy Communion, for we can only receive that which we have a revelation of and believe in.

Partaking in Holy Communion is coming into unity and agreement with what Jesus Christ accomplished on the cross. He purchased our salvation and brought us back into right standing with the Father.

Before we get into the messages on Holy Communion, we need to define a few terms and gain certain insights.

The Word, Communion,

is found in the Bible twice relating to partaking in Holy Communion, once referring to the blood of Christ and once referring to the body of Christ; both occurrences are found in **1st Corinthians 10:16**.

The word translated as "Communion," is Strong's # 2842 and is pronounced "koy-nohn-ee'-ah" defined

as: partnership, that is, (literally) participation, or (social) *intercourse*, or (pecuniary) benefaction:

This Greek word has been used 20 times in the New Testament, translated as: fellowship, contribution, distribution, communication, communicate and communion.

Other phrases that we will look at are: "the Lord's table," used once, **1st Corinthians 10:21**, "the cup of the Lord," used twice; and "breaking of bread," used three times, **Luke 24:35, Acts 2:42 & 27:35**.

And we will also look at the blood Covenants that the Lord made for us or with us. For, when we partake in drinking of the cup, we are actually acknowledging and partaking in the blood covenant that Jesus made for us. We will address this more in the actual messages.

What eating damnation to yourself means,

Understanding this will give us much insight into what it means to partake of Holy Communion.

²⁷ Wherefore whosoever shall eat this bread and drink *this* cup of the Lord, unworthily shall be guilty of the body and blood of the Lord. ²⁸ But let a man examine himself, and so let him eat of *that* bread, and drink of *that* cup. ²⁹ For he that eats and drinks unworthily, eats and drinks damnation to himself, not discerning the Lord's body, **1st Corinthians 11:27-29**.

Let me first say that partaking of Holy Communion, regardless of what your current beliefs are, is not going to put a curse on you. Christ took the curse for us: "Christ redeemed us from the curse of the Law, being made a curse for us, . . .," **Galatians 3:13**. God blessed man at the time of creation, **Genesis 1:28** and He will not relent. God will not curse His people that He has already blessed, nor will He let anyone curse what He has blessed; read **Numbers chapters 22-24**. Man is not under a curse, nor is partaking in God's Holy Communion going to put him under one.

We are a new creation, literally a new creature; old things have passed away, all have become new, **2nd Corinthians 5:17**. When the scripture says you are to examine yourself, it does not mean you are to dredge up things from your past. If you are born-again and now a new creature in Christ, those things are gone. However, if you do have a present dispute with someone, as scripture tells us, we are first to go and take care of it.

²³ Therefore if thou bring thy gift to the altar, and there remembers that thy brother has ought against thee; ²⁴ Leave there thy gift before the altar, and go thy way; first be reconciled to thy brother, and then come and offer thy gift, Matthew 5:23-24.

What we must do is to examine our beliefs, what we believe about Holy Communion. If we believe that the elements that we partake of are only earthly bread

and drink, rather than seeing them spiritually as the body and blood of Christ. We are doing what scripture says; we are eating and drinking unworthily, and we will reap damnation from it. I.e. we will only get natural results from it, rather than life-giving spiritual supernatural results. And thus partaking of the bread and the cup will become more of a ritual to us rather than going deeper into unity with Christ Jesus.

The word “damnation” is used in the Bible 11 times in the New Testament. Whereby it can be used in a spiritual context such as the damnation of hell, [Matthew 23:33](#), eternal damnation, [Mark 3:29](#); and the resurrection of damnation, [John 5:29](#).

The word is also used to describe situations within this natural world. Examples are: Whosoever shall resist the power, (*authorities of this world*) shall receive to themselves damnation, [Romans 13:2](#). Concerning the younger widows, they will marry; Having damnation, because they have cast off their first faith, [1st Timothy 5:11-12](#), through covetousness they (*false prophets and teachers*) have been made merchandise of (*consumed with lust and greed*) whose damnation slumbereth not, [2nd Peter 2:3](#).

Thus, the word can be used either as a spiritual judgment or to describe a result of a worldly outcome. In this case, it is addressing partaking only of natural food and drink from a fallen world, that can only

bring forth corruptible things that this world can offer. Thus, we need to be mindful that we are partaking of spiritual food and drink when we take Holy Communion in order to get all that the Lord has provided for us through this gift.

The importance of taking communion.

The Apostle Paul in all of His writings only mentioned one cause for people being weak, sickly and dying. And that goes back to what we just discussed about eating and drinking unworthily, therefore reaping damnation to oneself, for they did not spiritually discern the Lord's body and His blood.

²⁹ For he that eats and drinks unworthily, eats and drinks damnation to himself, not discerning the Lord's body. ³⁰ For this cause many *are* weak and sickly, among you, and many sleep, 1st Corinthians 11:29-30.

Before we partake of God's Holy Communion, we must check our beliefs; do we discern the elements as merely earthly bread and drink, or by faith, do we discern them as the body and the blood of Jesus Christ? However we answer that question will greatly determine what we receive, when we partake of Holy Communion.

It is my hope that reading through these messages and acting upon them will give you further insight into the great gift of Holy Communion that God gave to all believers.

Holy Communion Messages

The body and the blood,
a great High gift.

What does partaking in Holy Communion mean to you? Is it remembering past events, acknowledging a blood covenant, nurturing an ongoing relationship with Christ or is it something more?

Teaching

Everything that we do or receive from God's kingdom of eternal value, we must do by faith. Faith is how God's system works. And likewise, whatever we believe about Holy Communion, we must apply our faith to it. For whatever is not done by faith will only produce natural, earthly, corrupt things.

In all 3 synoptic gospels it is recorded that after supper Jesus took bread, blessed it and broke it, telling His disciples, *This is My body; eat of it*; He then took the cup and gave thanks, telling them, *This is My blood of the New Testament that is shed for you*, and in Matthew's account tells us that the cup of His blood is for the remission of sins.

In John chapter 6, Jesus very directly says to the crowds that if you do not eat of My flesh and drink of My blood, you have no life within you. Only in Luke's Gospel and in Apostle Paul's teaching in 1st Corinthians 11, is the word "remembrance" added into the text.

It is up to us as to what we are going to believe and put our focus on. Either we can believe we are merely remembering and acknowledging past events of Jesus' earthly ministry, Crucifixion, Resurrection, and Ascension, until He comes again. Or we can believe that Holy Communion is an essential and dynamic tool that can bring us into ever-increasing unity with our Lord and Savior Jesus Christ.

Whatever we choose to believe and apply our faith to will greatly determine what we will receive. For scripture tells us that as a man believes in his heart, so is he, **Proverbs 23:7**.

Partaking

Father, we thank You for giving us the wonderful gift of Holy Communion. As we partake of the bread and the cup (the body and the blood of Jesus Christ), we meditate on all that He has provided for us, not only on the cross but also in His earthly ministry. And we ask You, Father, to reveal to us all that this gift was meant to provide for us.

As Jesus said, recorded in the Gospels (Matthew, Mark and Luke),

- ♦ **Take, eat; this is My body.**
- ♦ He then said: **This is My blood of the New Testament, (also translated as New Covenant), which is shed for many for the remission of sins.**

The life is in the blood and the blood makes atonement for one's soul.

Teaching

- ✦ But flesh with the life thereof, *which is* the blood thereof, shall ye not eat, **Genesis 9:4**.
- ✦ For the life of the flesh *is* in the blood: and I have given it to you upon the altar to make an atonement for your souls: for it *is* the blood *that* makes an atonement for the soul, **Leviticus, 17:11**.

The above two scriptures are of the Old Testament and much before the time of Jesus. At first glance, most people simply take away from this, is a law of not eating or drinking of the blood.

However, let's apply these two truths as to being reliant under the New Covenant.

1. The life of the flesh, *is* in within the blood:
2. The blood makes atonement for the soul.

Now, in the New Testament in **John 6:51-58**, we are instructed to partake of Christ's body and His blood, and by doing so we not only receive eternal life with Christ but we also receive an everlasting atonement.

And not only *so*, but we also joy in God through our Lord Jesus Christ, by whom we have now received the atonement, **Romans 5:11**.

Then Jesus said unto them, Verily, verily, I say unto you, Except ye eat the flesh of the Son of Man, and drink His blood, ye have no life in you. ⁵⁴ Whoso eats My flesh, and drinks My blood, has eternal life; and I will raise him up at the last day. ⁵⁵ For My flesh is meat indeed, and My blood is drink indeed. ⁵⁶ He that eats My flesh, and drinks My blood, dwells in Me, and I in him, John 6:53-56.

We all must partake of Jesus' body and His blood (*by faith*). This becomes very apparent if we wish to abide in Him.

Abide in Me, and I in you. As the branch cannot bear fruit of itself, except it abide in the vine; no more can ye, except ye abide in Me., John 15:4.

Partaking

Father, we thank you for the privilege of being in Christ Jesus and for Holy Communion that allows us to partake of His body and of His blood.

For we are nourished and sustained through our connection and relationship with Christ Jesus.

- ♦ As Jesus instructed us in the Gospels, **Take, eat; this is My body.**
- ♦ He then said: **This is My blood of the New Testament, (also translated as New Covenant), which is shed for many for the remission of sins.**

Holy Communion: a great gift and privilege to those who believe in Jesus.

Teaching

²⁰ Neither pray I for these alone, but for them also which shall believe on Me through their word; ²¹That they all may be one; as Thou, Father, art in Me, and I in Thee, that they also may be one in Us: that the world may believe that Thou has sent Me, John 17:20-21.

We can be one in Jesus and welcomed into the family of God. Partaking in Holy Communion I see as bringing us one step closer to being in “Common Union” with God and His Son, Jesus Christ.

Regardless of what you believe, whether you see Holy Communion as simply a remembrance of what Christ has done for us or you see it more as active participation of partaking of His body and His blood and sharing in His very own essence.

We need to realize that partaking in Communion is a great, high privilege, reserved only for believers in Christ Jesus, privileged above the angels.

For God has welcomed mankind (both male and female) into the family of God so that we can share in His righteous character and emulate and enjoy all of His many attributes.

- God made the heavens and the earth and all therein, **Genesis 1, Acts 14:15.**
- God gave of His only begotten Son for our salvation, **John 3:16-17.**
- God has removed our sins as far as the east is from the west, and He remembers them no more, **Psalm 103:12.**
- As a righteous God, He also wishes for His people to live righteously, thereby escaping all evils.
- God actively watches over us and will protect us from all evil, **Psalms 91.**
- God has predestined all of us to be priests and kings, **Ephesians 1:5, 11 & Romans 8:29,30.**
- And as believers, God welcomes us into His family.

Partaking

Father, thank You for the privilege of being able to partake of Holy Communion, knowing that Jesus paid the ultimate price to give us this great gift through His death and Crucifixion.

As Jesus gave us example in the Gospels. we now partake of the body and the blood of Christ.

- ♦ And He said, **Take eat, this is My body.**
- ♦ Likewise, He took the cup and said, **This is My blood of the New Testament, that is shed for many.**

We are all members of one body and one bread, 1st Corinthians 10:17.

Teaching

¹⁶ The cup of blessing which we bless, is it not the communion of the blood of Christ? The bread which we break, is it not the communion of the body of Christ? ¹⁷ For we *being* many are one bread, *and* one body: for we are all partakers of that one bread, 1st Corinthians 10:16-17.

This is also a message of unity and fellowship within the body of believers. For through Communion with Christ, this will also bring us into fellowship one with each other within the body of believers.

Verse 16 of the scripture talks about the cup of blessing and the bread of communion, telling us that they are the blood of Christ and the body of Christ, respectively. This will be addressed more in a later message; however, in this message I wish to emphasize unity within the body of believers.

In verse 17 we see that we, being many, are one bread and one body, but scripture goes on to say that we are all partakers of that one bread. This tells us that the partakers of that one bread (*Christ*), are one body and one bread with Him, and thus, the body of believers are also one bread, in fellowship with each other.

As we participate in Holy Communion, we first must acknowledge and honor Christ Jesus, through the bread and cup, and then we need to acknowledge the unity of believers one with each other.

Partaking

Father, we thank You for the fellowship that the bread (the body of Christ), provides for us within the body of believers. May partaking of this bread be a constant reminder to us that we also have fellowship one with another.

- ♦ Partake of the bread which we break, for it is the communion of the body of Christ Jesus.

Father, we thank You for the cup of blessing that provides remission for our sins. Not only are our sins remitted, but You have removed them from us as far as the east is from the west, **Psalms 103:12** and You remember them no more, **Hebrews 10:17**, Nor do we need to remain conscious of them, **Hebrews 10:2**.

- ♦ Take of the cup of blessing that we bless, for it is the Communion of the blood of Christ that is shed for many for the remission of sins.

Jesus' hard teaching, of partaking of His body, and many left Him, **John 6:60**.

Teaching

⁵³ Then Jesus said unto them, **Verily, verily, I say unto you, Except ye eat the flesh of the Son of Man, and drink His blood, ye have no life in you.** ⁵⁴ **Whoso eats My flesh, and drinks My blood, has eternal life; and I will raise him up at the last day.** ⁵⁵ **For My flesh is meat indeed, and My blood is drink indeed.** ⁵⁶ **He that eats My flesh, and drinks My blood, dwells in Me, and I in him,** John 6:53-56.

Jesus spoke this to the Jews in the synagogue as He taught in Capernaum, **John 6:59**, and the people referred to it as a hard teaching. Many of His new disciples left Him, for it was hard for the people to think about anything other than cannibalism.

However, assuming that Jesus truly meant what He said, and we now know that Jesus is now seated in heaven at the right hand of God, **Hebrews 10:12**. We can only partake of His flesh and His blood by FAITH, and it's up to us (*our free will*), as to how we are going to respond to this.

Whether we wish to partake of His body and blood (the New Covenant) that Jesus made for us or we wish to even further spiritualize it. Even partaking of His flesh and blood by faith may seem repulsive to some people, but consider the following points:

- This is not man's word - it's God's Word; we cannot pick and choose what we wish to believe.
- This is the blood covenant that Jesus Christ made for us; do we not wish to participate in it?
- We are to be one in Christ, **John 17:21**; It's about Christ and His identity, not about our self-identity and what we believe as being proper.

This may remain a hard teaching even to this day, but we all must decide for ourselves. When Jesus gave this message, many of His new disciples turned and walked away. Then He turned to His 12 and asked them if they wished to leave Him too, **John 6:66-67**.

Scriptures tell us that we are to examine ourselves before partaking in Communion, **1st Corinthians 11:28**, this refers to examining our beliefs. Do we believe Holy Communion is simply acknowledging a past event, or is it an active fellowship and oneness with Christ Jesus?

Partaking

Father, we thank You that You have provided a way for us to be one with Your Son, Jesus, as He is one in You. For Jesus told us that: **he that eats My flesh and drinks My blood dwells in Me, and I in him.**

- ✦ And Jesus said: **take eat this is My body.**
- ✦ Then He said; **this is My blood of the New Covenant, shed for many, for the remission of sins.**

And their eyes were opened,
and they knew Him, **Luke 24:29-32.**

Teaching

Summarizing the account of “the road to Emmaus” found in **Luke 24:13-35,**

This account takes place the day of Jesus' Resurrection. Two disciples were walking to the village of Emmaus, which is about 7 miles NW. of Jerusalem, and as they walked, they were discussing the sad events that had happened to Jesus of Nazareth, of how He was condemned and crucified.

As Jesus approached them, they perceived Him to be a stranger, for their eyes were yet still holden, and they did not know Him. Jesus then asked of their conversation, and after they had told Him of the events that had taken place and how the body was no longer in the tomb and how the women had told them of angels and that He was now alive.

Jesus then said to them, “**O fools, and slow of heart to believe all that the prophets have spoken: Ought not Christ to have suffered these things, and to enter into his glory?**” And He then expounded on the scriptures unto them, starting from Moses and the prophets concerning Himself.

In this account we see that the two disciples had a great desire to know the truth, for they let this stranger speak to them even though their hearts burned within them. And later, when they approached Emmaus, they constrained Him to sup with them.

And as He sat with them, He blessed the bread and broke it and gave it to them, and their eyes were opened and they knew Him, and He vanished from their sight. You can read the entire account in [Luke 24:13-32](#).

This account was possibly the first instance of fellow believers breaking bread after the Resurrection, which is now commonly acknowledged by all believers. As partaking in Holy Communion can also be referred to as the breaking of bread.

Partaking

Father, we gather as a body of believers, seeking the truth of Your Word. That the truth concerning Your Son may be revealed to us throughout the scriptures and that our eyes may be opened

We now partake of the breaking of bread and of the New Covenant of the cup.

- ♦ We take the bread (the body of Christ), we bless it and we break it;
- ♦ We bless the cup of blessing, for through Jesus shedding of His blood, our sins are remitted.

One sacrifice established on better promises for all times, the new and better Covenant, **Hebrews 8:6**.

Teaching

But now has He obtained a more excellent ministry, by how much also He is the mediator of a better covenant, which was established upon better promises, **Hebrews 8:6**.

How much more shall the blood of Christ, who through the eternal Spirit offered himself without spot to God, purge your conscience from dead works to serve the living God? **Hebrews 9:14**.

The book of Hebrews may not directly speak of taking communion; however, the book compares the Old Covenant sacrificial system of making continual sacrifices with the new and better blood Covenant that Jesus Christ made for us through the shedding of His blood, one sacrifice, once for all times.

In the second scripture, we see that through the New and better covenant that our conscience can be purged from dead works, unlike the old sacrificial system that kept you mindful of your past faults, requiring regular scheduled sacrifices. But now, we are under a new and better covenant; we are no longer that old man carrying around the baggage of our past; we are now a new creature in Christ, and all things have become new, **2nd Corinthians 5:17**.

The new and better Covenant not only ends the continual sacrifices offered under the Old Covenant, but the blood of Christ will also purify our conscience from our past sinful deeds and unproductive works, if we but willingly lay our past down at the cross and allow Christ's blood to cleanse us.

Partaking

Father, thank You for the new and better Covenant that Jesus made for us, and just as He said on the cross, "It is finished," **John 19:30**. For it is a perfect and completed work.

Therefore, as we partake in Holy Communion, we meditate on the covenant that Christ has made for us. For we have become that new creature in Christ (literally), all has become new!

- ✦ Take of the bread, for it is the body of Christ, for we find our true life only within Him.
- ✦ Take of the cup, for it is the blood of Christ of the New and better Covenant. One sacrifice was made on our behalf for all times.

The blood covenant that was made for mankind, rather than with mankind.

Teaching

The example used here is the land covenant God made for Abraham. I have summarized the text below, but you can read the entire text in [Genesis 15:7-18](#).

Abraham asked the Lord: how shall I know that I'll inherit the land? Thus God instructs Abraham to set up the (*blood covenant*): a 3-year-old heifer, a 3-year-old she-goat, a 3-year-old ram, a turtledove, and a young pigeon. Thus Abraham prepared and divided them and drove away the fowls. And a deep sleep then overtook him, and the result of the future was given to Abraham. When the sun went down, a smoking furnace and a burning lamp passed between the pieces. This was the land Covenant that God made for Abraham, {[Genesis 15:8-18](#)}

God made this covenant for Abraham, rather than with Abraham. All Abraham did was to set up the sacrifices, i.e. (he was in agreement with the making of the covenant); however, before it was made, he fell asleep. Thus, the covenant was made between the Godhead, God the Father (*a smoking furnace*), and Jesus (*a burning lamp*), [verse 17](#).

The new and better covenant was also made for us, rather than with us; all we need to do is to come into

agreement with the making of it. Jesus acted as our substitute; He fulfilled the requirements of the covenant in our stead so that we could become the beneficiary of a new and better covenant.

Making blood covenants is the way God works throughout the Bible; we also see this with the Israelites only a few months after leaving Egypt.

And Moses took the blood, and sprinkled *it* on the people, and said, Behold the blood of the covenant, which the LORD has made with you concerning all these words, **Exodus 24:8**.

The book of Hebrews also warns us not to count the blood of the covenant, wherewith Jesus was sanctified, an unholy thing, **Hebrews 10:29**.

Consider a natural medication; we do not look at the pill bottle, simply remembering what the doctor has prescribed for us, no! We take it, so the medication will interact within our body to make us better. Think of partaking in the bread and drinking the cup in much the same way. Take the "Gos-pill."

Partaking

Father, we thank You for the Blood Covenant that You have made for us and the salvation that Your Son has provided for us.

- ✦ And Jesus said; **Take, eat: this is My body.**
- ✦ He took the cup, saying: **This is My blood of the New Covenant, shed for many for the remission of sins.**

The importance of Covenant, it's unbreakable unto death.

Teaching

The Israelites took the covenants that they made not only as being important but also as being unbreakable. We see this even in the covenant that was made with the Gibeonites under false pretenses.

As the Israelites were coming into the promise land of Canaan and conquering the nations around them. The Gibeonites devised a plan to act as if they had come from a far country, saying, “We are your servants.” Therefore, Israel made a covenant of peace with them. Three days later this scheme was found out, that they were from a neighboring country. However, the covenant had been made and was honored; thus, the Gibeonites became servants to the Israelites. You can read this in, [Joshua chapter 9](#).

When the Gibeonites were found out by the other countries around them as having made peace with Israel. And the Gibeonites were now being threatened by the nations around them. They sent a message to Joshua to fight for them, and thus Joshua had all of Israel assembled to fight. Not only did the Israelites fight, but the Lord also delivered the victory to Israel, killing many with hailstones. You can read this whole account in, [Joshua 10:1-15](#).

This shows us how seriously the Lord views keeping covenant and keeping your word and your promise that you made through making a covenant. For if the Lord would bless and honor the Israelites for keeping a covenant made under false pretenses. We can be assured that the New Covenant made in agreement between the Godhead will never be broken.

Now the God of peace, that brought again from the dead our Lord Jesus, that great shepherd of the sheep, through the blood of the everlasting covenant, **Hebrews 13:20**.

Partaking

Father, we acknowledge and we thank You that as believers, we are partakers of the blood Covenant of the New Testament that was made by Your son Jesus Christ.

- ♦ And Jesus said, **Take, eat: this is My body.**
- ♦ And He took the cup, saying, “ **This is My blood of the New Testament, that is shed for many for the remission of sins,**” **Matthew 26:28.**

The cup of blessing, is it not the communion of the blood of Christ? ^{1st} Corinthians 10:16.

Teaching

¹⁶ The cup of blessing which we bless, is it not the communion of the blood of Christ? The bread which we break, is it not the communion of the body of Christ? ^{1st} Corinthians 10:16.

We focus on the phrase "the cup of blessing, which we bless." The word "cup" is used more in a figurative sense, referring to the lot or fate of someone. I have put a few scriptures below from the Gospels that also show this.

Ye know not what ye ask: can ye drink of the cup that I drink of? and be baptized with the baptism that I am baptized with? Mark 10:38.

Put up thy sword into the sheath: the cup which My Father has given Me, shall I not drink it? John 18:11.

Father, if Thou be willing, remove this cup from Me: nevertheless not My will, but Thine, be done, Luke 22:42.

The word "cup" in all of these scriptures refers to Jesus' lot or fate that He was destined to bear; we should not just think of the cup as a goblet containing a drink. Also in the Old Testament, there are references to the cup of salvation and also the cup of (*the Lord's*) fury.

I will take the cup of salvation, and call upon the name of the LORD, **Psalm 116:13**.

Awaken Jerusalem, which has drunk at the hand of the LORD the cup of his fury, **Isaiah 51:17**.

Thus, when we think of the cup as the lot and the fate that Jesus took to bring us salvation, we can also think about the cup as containing the many blessings that are now ours due to Jesus partaking of the cup of wrath that He drank from.

Partaking

Lord, as we partake in Holy Communion, we meditate on the gift of salvation and all of the many blessings that we have inherited in Christ Jesus **Ephesians 1:18**. Thus we bless the name of our Lord and Savior Jesus Christ and all that He accomplished, being obedient even unto His death on the cross, shedding His own blood.

We now partake of the bread, which is the communion and the fellowship of the body of Christ.

✦ And Jesus said, **Take, eat: this is My body**.

We now partake of the cup of blessing that we bless, remembering all of what Jesus has done for us.

✦ Take of the cup of blessing, for it is communion of the blood of Christ.

The children's bread, provides for us deliverance, healing and wholeness
Matthew 15:21-28, Mark 7:24-30.

Teaching

²⁶ The woman was a Greek, a Syrophenician by nation; and she besought Him that He would cast forth the devil out of her daughter. ²⁷ But Jesus said unto her, **Let the children first be filled: for it is not meet to take the children's bread, and to cast *it* unto the dogs,** Mark 7:26-27.

This entire healing account can be read in **Matthew 15:21-28** or in **Mark 7:25-30**. Holy Communion is sometimes referred to as the healing bread or the meal that heals. This is because Jesus referred to the action of healing her daughter and compared it to the children's bread.

Jesus is Jehovah-Rapha (I am the Lord that healeth thee), **Exodus 15:26**. If we are able to believe by faith when we partake of the bread that we are actually partaking of the body of Christ and of His very own essence, then we should also expect physical healing to follow. For Jesus said:

I am the living bread which came down from heaven: if any man eats of this bread, he shall live forever: and the bread that I will give is My flesh, which I will give for the life of the world, John 6:51.

Partaking

A prayer before partaking:

Jesus, You are the Living Bread that came down from heaven, **John 6:51**, whosoever eats of Your flesh and drinks Your blood has life and life eternal; **John 6:54**. You are the Bread of life, **John 6:35**, the true Bread, **John 6:32**. I now partake of Your body and Your blood that heals me and brings fullness of life to my mortal body and soul.

Thank You for cleansing me of all unrighteousness and that I now walk in the righteousness of Christ Jesus. I claim all that His death on the cross has provided for me. Amen.

We now meditate on the broken body of Christ, **1st Corinthians 11:24**. His body was broken so that ours could be healed and made whole. Thus, the reason why we bless and traditionally then break the bread.

♦ Partake of His body that was broken for us.

I thank you now for the cup of blessing that we bless, for it is for the remission of our sins and brings salvation to all mankind.

♦ Partake of the cup of blessing that we bless.

He that eats and drinks unworthily,
not realizing the all of what Christ
accomplished on the cross.

Teaching

²⁷ Wherefore whosoever shall eat this bread, and drink *this* cup of the Lord, unworthily, shall be guilty of the body and blood of the Lord. ²⁸ But let a man examine himself, and so let him eat of *that* bread, and drink of *that* cup. ²⁹ For he that eats and drinks unworthily, eats and drinks damnation to himself, not discerning the Lord's body. ³⁰ For this cause many *are* weak and sickly among you, and many sleep, ^{1st Corinthians 11:27-30.}

This is the only scripture passage in the Bible that gives us a reason why some are weak, sickly and why some have died. This gives us insight on how one can eat and drink unworthily, and likewise, what is meant by eating and drinking damnation to oneself.

Much insight can be gained if we first address what has already been taught on the subject. Many try to tell you that not being a believer in Christ is what is meant by eating and drinking damnation to oneself. This is not the case; the Lord's communication is not a magic potion that can harm you if you unknowingly do it wrong. Then an alternate reasoning is that you are not viewing Jesus's body as being the spotless Lamb without blemish. This in itself is only a partial truth, but not the complete truth.

The point here is that partaking of the body and the blood of Christ is able to bring the person into full and complete relationship with Christ Jesus and Father God. If we are able to abandon our worldly ways and views to attain true communion with Christ, seeking first His kingdom and His righteousness, then there will be no weak or sickly among us, for all the blessing and riches of His inheritance shall then be available to us, for He is the way, the truth, and the life, **John 14:6**.

Today as you partake of the bread and the cup, as you partake, realize that the Lord's communion can bring about fullness and completeness with God and Christ, and likewise all of the blessings and riches of His inheritance in the saints.

Father, we thank You that we have the privilege of partaking in Christ's communication of His body and His blood.

Partaking

- ♦ As Jesus said; **Take, eat: this is My body, which is broken for you,** {Matthew 26:26, Mark 14:22}

Father, we thank you that You gave of Your Son to shed His blood on our behalf.

- ♦ And He said, **“For this is My blood of the new testament, which is shed for many for the remission of sins,”** Matthew 26:28.

Do this in remembrance of Me,
1st Corinthians 11:24-26.

Teaching

²⁴ And when He had given thanks, He brake *it*, and said, **Take, eat: this is My body, which is broken for you: this do in remembrance of Me.** ²⁵ After the same manner also *He took* the cup, when He had supped, saying, **This cup is the new testament in My blood: this do ye, as oft as ye drink *it*, in remembrance of Me,** For as often as ye eat this bread, and drink this cup, ye do shew the Lord's death till He come, 1st Corinthians 11:24-26.

Many churches emphasize the word “remembrance”; communion is much more than that. If it were only a remembrance, there would be no need to partake of the bread and the cup. We could just simply remember His Crucifixion, death, Resurrection and Ascension, till He comes again.

By taking Holy Communion, partaking of His body and blood, we are partaking in the Vine. For scripture tells us that without Him we can do nothing.

Abide in me, and I in you. As the branch cannot bear fruit of itself, except it abide in the vine; no more can ye, except ye abide in me. ⁵ **I am the vine, ye *are* the branches: He that abideth in me, and I in him, the same bringeth forth much fruit: for without me ye can do nothing,** John 15:4-5.

We often talk about how the same sap that nourishes the Root, also nourishes the branches. But when it comes down to practical application of partaking of the essence of His life, we revert back to simply talking about remembrances of our Lord. However, the same scripture that speaks of remembrance also says **Take, eat: this is My body, which is broken for you;** and tells us that, **This cup is the new testament in My blood.**

We can definitely meditate on His finished work and the sacrifice that He paid to redeem us. However, I believe communion can be a tool to bring us into “common union” with Christ.

Partaking

Father, we thank you for giving us the privilege of partaking in Holy Communion, bringing us into a closer relationship with You. As often as we eat of this bread and drink this cup, we proclaim the Lord's death till He comes, **1st Corinthians 11:26.**

✦ As Jesus said; **Take, eat: this is My body, which is broken for you; do this in remembrance of Me.**

Father, we thank you that You gave of Your Son to shed His blood on our behalf.

✦ And He said; **This cup is the new testament in My blood: this do ye, as oft as ye drink it, in remembrance of Me, 1st Corinthians 11:25.**

Our fathers did eat manna in the wilderness, **John 6:31-33**.

Teaching

³¹ Our fathers did eat manna in the desert; as it is written, He gave them bread from heaven to eat.

³² Then Jesus said unto them, **Verily, verily, I say unto you, Moses gave you not that bread from heaven; but My Father gave you the true bread from heaven.** ³³ **For the bread of God is He which came down from heaven, and gives life unto the world.** ³⁴ Then said they unto Him, Lord, evermore give us this bread. ³⁵ And Jesus said unto them, **I am the bread of life: he that comes to Me shall never hunger; and he that believes on Me shall never thirst,** John 6:31-35.

In John chapter 6, Jesus said that He was the true bread that came down from heaven and later said to the Israelites. Just as your fathers ate manna (*physical food*) for 40 years in the wilderness, **Exodus 16:35**. We are also to partake of Him, the true bread that came down from heaven.

⁵⁷ **As the living Father has sent Me, and I live by the Father: so he that eats Me, even he shall live by Me.** ⁵⁸ **This is that bread which came down from heaven: not as your fathers did eat manna, and are dead: he that eats of this bread shall live for ever,** John 6:58.

And the children of Israel did eat manna forty years, until they came to a land inhabited; they did eat manna, until they came unto the borders of the land of Canaan, **Exodus 16:35**.

Partaking

Father, we thank you that we can partake of the true bread that came down from heaven, that we might have life. For Jesus said, “**Except ye eat the flesh of the Son of man, and drink His blood, ye have no life in you.**” John 6:53.

- ♦ And Jesus said, **I am the bread of life: he that comes to Me shall never hunger; and he that believes on Me shall never thirst,** John 6:35.

Father, we thank You for the cup of blessing that provides forgiveness and salvation in Christ Jesus.

- ♦ And Jesus said; **He that eats My flesh, and drinks My blood, dwells in Me, and I in him,** John 6:56.

Apostle Paul broke bread in great distress,
Acts 27:34-38.

Teaching

³³ And while the day was coming on, Paul besought *them* all to take meat, saying, This day is the fourteenth day that ye have tarried and continued fasting, having taken nothing. ³⁴ Wherefore I pray you to take *some* meat: for this is for your health: for there shall not an hair fall from the head of any of you. ³⁵ And when he had thus spoken, he took bread, and gave thanks to God in presence of them all: and when he had broken *it*, he began to eat. ³⁶ Then were they all of good cheer, and they also took *some* meat. ³⁷ And we were in all in the ship two hundred threescore and sixteen souls. ³⁸ And when they had eaten enough, they lightened the ship, and cast out the wheat into the sea. *Acts 27:34-38.*

In this account, Apostle Paul was under guard, being transported to Rome, and the ship was caught up in a great storm; you can read the full account in *Acts chapter 27.*

The ship and the crew had now been in the storm for 14 days, and Paul encouraged the men to take some meat (*nourishment*). Thus, he took bread, gave thanks to God in their presence, and broke the bread.

They did this while the ship was in the storm and their lives were in jeopardy. You can picture the scene with the winds and the waves beating the ship; it was anything but the quiet church sanctuary that we are accustomed to today. Paul then blessed and broke bread and gave thanks to Christ when they were all in dire need.

We can partake of Christ's body, even looking unto His provision in whatever situation we might find ourselves in, be it outside a church setting, as a family sitting at the dinner table, or even in times of dire distress.

This, I believe, came in useful later when they were shipwrecked on the isle of Melita, and Paul was bitten by a poisonous viper yet suffered no adverse effects. Later to also heal many of the natives on the island.

Partaking

Father, we thank You that we can partake in the symbolism of giving thanks and of the breaking of bread and calling on Christ, wherever we may be and whatever situation we might be in.

- ♦ Partake of the bread, the body of Christ that was broken so that our body could be made whole.
- ♦ Partake of the cup of blessing that we bless, that is the communion of the blood of Christ, of the New Covenant.

I hope that this teaching has given you further insight into the valuable gift of Holy Communication and that it will further enable you to abide with Him in the light, as He is in the light, 1st John 1:7.

When we truly seek first His kingdom and His righteousness, Matthew 6:33, we will have no need to seek yet another kingdom. For the kingdom of God will provide all of our needs.

THE KINGDOM OF GOD IS NOT IN WORD BUT IN POWER

1st Corinthians 4:20

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