

A photograph of a glass of red wine and a loaf of bread on a wooden table. The glass is on the left, partially filled with a dark red liquid. The bread is on the right, broken into two pieces. A red banner with white text is overlaid on the bread.

Holy Communion



The Holy Communion, known also as the Lord's Supper, is an act of worship and relationship with our Father, as we remember and meditate on His Son, Jesus, and receive via the Holy Spirit blessings that were provided at the finished work of Christ.

In this study we will answer many questions that you may have about the Holy Communion.

Find answers to questions such as the following:

- Q What is Holy Communion?**
- Q Why do believers partake of Holy Communion?**
- Q How do I partake of the Holy Communion?**
- Q Do I need a pastor, priest, or minister to partake of Holy Communion?**
- Q What does it mean to partake unworthily?**
- Q What does it mean to examine yourself?**
- Q What does it mean to drink judgement to yourself?**

The Elements

Two elements are used in Holy Communion:

- Bread
- Cup

There are two elements because there is a two-fold application in the Communion.

The bread represents Jesus' body, which was scourged, bruised and broken during His crucifixion.

The cup represents Jesus' blood, which was shed during His crucifixion.

Keep in mind, the Holy Communion is not a ritual to be observed, but a blessing to be received. Because it is not a ritual, specific ingredients like bread or wine are not important. What's important is that you know by faith the ingredient you use represents the Lord's body and blood.

The Lord's Body

“Take, eat, this is my Body”

Jesus was in perfect health all the time during His ministry. He gave all that up to be scourged by the Romans and the Pharisees. At the cross, God bruised Jesus with every sickness and disease, which penetrated His open wounds. His body was broken, so you could receive health and wholeness. The Bible says, “By His stripes, we are healed.”

To partake of the bread, is to mediate on how His body was broken and cursed for your healing of every disease and wholeness from every condition. This is a time to visualize your disease or condition upon Jesus at the cross because when you see it upon Him, you will no longer see it upon yourself.

Partaking of the bread while believing Christ took your every disease so you can be healed from yours, is what the Bible calls “to discern the Lord’s body.” When you discern the Lord’s body, you will walk in divine health and wholeness.

In this way, the bread, which is His body, is the channel by which God imparts His life, health, wholeness, and longevity to your mortal body. Know that as you partake of the bread, you are ingesting His very life, by faith, to every fiber of your being.

“By His Bruise, we
are healed.”

— 1 Peter 2:24

The Lord's Blood

“Take, drink, this is my Blood”

The Bread, which is Jesus' body, is for healing, but the Cup, which is Jesus' blood, is for the forgiveness of sins.

At the cross, Jesus shed His blood to forgive you of every sin – past, present, and future. You now stand before God spotless and completely righteous forever -once for all time- because of the blood of Jesus.

As you partake of the cup, be conscious that you are forgiven and worthy of being in the presence of God because of Jesus.

Don't be Afraid to Partake

“Whoever, therefore, eats the bread or drinks the cup of the Lord in an unworthy manner will be guilty concerning the body and blood of the Lord. Let a person examine himself, then, and so eat of the bread and drink of the cup. For anyone who eats and drinks without discerning the body eats and drinks judgment on himself.” – **1 Corinthians 11:27-29**

- A As a believer, you are worthy of partaking Communion because the blood of Christ has forever cleansed you. This does not say that if you have sin in your life, don't partake.
- A To take Communion “in an unworthy manner” means to partake not believing that the broken body of Jesus was for your healing and that the blood of Christ purified you once for all time.
- A To examine yourself does not mean to check for sin in your life to confess it. Rather, it is saying to examine yourself if you are partaking of Communion with faith (in a worthy manner) in the finished work of Christ.
- A To partake “without discerning the Lord's body” is to not believe that the body of the Lord was given for your health. Therefore, you remain in your sickness or condition without receiving healing. The Communion remains of no effect and you remain sick (eating and drinking judgement on yourself) instead of receiving the healing provided via this channel. This judgment has nothing to do with God's wrath or anger.

10 Blessings to Receive from Holy Communion

Holy Communion is personal between you and the Lord. This is why you can partake in the comfort of your own space without the need of a priest, pastor, or minister. Partake by yourself or with family or with the church.

- 1 Relationship with the Lord.** Spend time with the Lord as your break bread together. Enjoy Him.
- 2 Health & Strength to your body.** If you are feeling tired or weak, let this be a time to allow the Lord to refuel you in His presence.
- 3 Healing to your body.** Receive the healing the Lord has for you. Partake of Communion often as you would earthly medicine.
- 4 Longevity.** Many die before their time but that's not what the Lord has for you. The Lord a plan and purpose for your life, and He wants you to enjoy every bit of it. Partake and receive the gift of longevity.

- 5 Protection.** In a world with uncertainty, you are protected under the shadow of the Almighty. Rest in this protection.
- 6 Worship the Lord.** Let's pause from a world that doesn't stop and lift our hearts towards the Lord while you partake of Communion.
- 7 Meditate in the Finished Work of Christ.** Our minds are sometimes driven towards the negative of this world. To partake of Communion means to meditate on Christ and His good news.
- 8 Invite Children to Partake.** The Lord invites your children to come to Him and partake of Communion. They are in safe hands with the Lord.
- 9 Emotional Healing.** If you have depression, anxiety, grievance, or any other emotional condition, receive healing in your emotions as your partake of Communion.
- 10 Hope & Faith.** If you are afraid or discouraged or little faith, God has given you a channel to receive from Him. He meets you where you are.

For more information on how to partake of the Holy Communion, watch our video, so we can partake together.

[CLICK HERE TO PARTAKE OF HOLY COMMUNION TOGETHER](#)

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