

# Does the Bread used in Holy Communion, need to be unleavened?

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## Looking at this from under an Old Testament view point:

If we were abiding under only the Old Covenant(s) and its laws, the bread would definitely need to be unleavened. However, realize that if we were living in Old Testament times, taking Holy Communion as we are taught to do so in the New Testament would not be available to us, for Christ would not have yet been crucified. Thus, using this line of reasoning, is applying certain Old Covenant laws into New Covenant ways and teachings. "You cannot put new wine into old wineskins," [Matthew 9:17](#), [Mark 2:22](#) & [Luke 5:37](#).

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## What the scriptures says and how Jesus taught about leaven in the New Testament.

Within the Gospels Jesus applied the word "leaven" in three different ways:

- Beware of the leaven of the Pharisees and of the Sadducees: *their doctrine that goes astray and can warp the truth of God's Word*, see [Matthew 16:6](#) & [Luke 12:1](#).
- Beware of the leaven of Herod: *man's earthly political system that can become corrupted through greed of money and power*, see [Mark 8:15](#).
- The kingdom of God / Heaven, is as a woman whom hid *such* in three measures of meal until the whole was leavened, see [Matthew 13:33](#) & [Luke 13:20-21](#).

From the Gospels and as Jesus taught us, leaven refers to a thing or principle that generally grows unobserved and over time will influence the whole. This "veiled growth," either takes place in the darkness or in spiritual realms that we are unaware of. This concept is taught in the following parable;

- **The kingdom of God, is as a man should cast seed into the ground; should sleep, and rise night and day, and the seed should spring and grow up, he knows not how**, [Mark 4:26-27](#).
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## The word "leaven," as defined in the dictionary:

Noun: A substance used to produce fermentation in dough or a liquid.

Noun: An influence that works subtly to lighten or modify something.

Verb: Cause to puff up with a leaven.

Whereby, the teachings within 1<sup>st</sup> Corinthians and Galatians make reference to leaven as the false doctrines and ways of the world, (the scriptures can be found below), implying a corrupted sinful growth. This is not always the case, for Jesus used the concept of how leaven works to describe how the kingdom of God grows within us.

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## We must participate in Holy Communion by faith:

The elements that we use, represent the body and the blood of Christ. Their physical makeup is not a magical, mystical potion, we must believe by faith. For, as you believe in your heart, is how you will receive from it, [Proverbs 23:7](#). Therefore, If you still have a concern whether the bread needs to be unleavened? Buy some unleavened matzah bread. Participating in Holy Communion needs to be all about Christ, what He has done for us, entering into relationship and acknowledging the covenant that we have with Him. As we partake, we should not be entertaining the thought of, "are the elements I am using right."

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## Summary:

The bread does not need to be unleavened, however it can be, that is our choice. Whatever bread we do use, our personal reasonings for each can be: for using unleavened bread that - He is the sinless Christ, and for using leavened (*raised*) bread can be that - He is now the *risen* Christ. These are only personal reasonings, thoughts, and should not be taken as requisites. Holy Communion is all about Him, being in "common-union" with Him and acknowledging the New Covenant that He made for and with us, it is not about the type of elements that we use.

When we realize that we must partake of Holy Communion by faith, knowing that we are not under the laws of the Old Covenant, nor is Holy Communion even part of the Old Covenant system and that the Word "leaven," does not exclusively imply sin. The question of if the bread that we use needs to be leavened or unleavened pretty much becomes irrelevant. We must partake of Holy Communion by faith, *for whatever is not of faith is sin, Romans 14:23.*

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## New Testament scriptures on leaven:

Another parable spake He unto them; **The kingdom of heaven is like unto leaven, which a woman took, and hid in three measures of meal, till the whole was leavened,** Matthew 13:33.

Then Jesus said unto them, **Take heed and beware of the leaven of the Pharisees and of the Sadducees,** Matthew 16:6.

<sup>11</sup> **How is it that ye do not understand that I spake *it* not to you concerning bread, that ye should beware of the leaven of the Pharisees and of the Sadducees?** <sup>12</sup> Then understood they how that He bade *them* not beware of the leaven of bread, but of the doctrine of the Pharisees and of the Sadducees, Matthew 16:11-12.

And He charged them, saying, **Take heed, beware of the leaven of the Pharisees, and of the leaven of Herod,** Mark 8:15.

In the mean time, when there were gathered together an innumerable multitude of people, insomuch that they trode one upon another, He began to say unto His disciples first of all, **Beware ye of the leaven of the Pharisees, which is hypocrisy,** Luke 12:1.

**It is like leaven, which a woman took and hid in three measures of meal, till the whole was leavened,** Luke 13:21.

<sup>6</sup> Your glorying *is* not good. Know ye not that a little leaven leaveneth the whole lump? <sup>7</sup> Purge out therefore the old leaven, that ye may be a new lump, as ye are unleavened. For even Christ our Passover is sacrificed for us: <sup>8</sup> Therefore let us keep the feast, not with old leaven, neither with the leaven of malice and wickedness; but with the unleavened *bread* of sincerity and truth, 1<sup>st</sup> Corinthians 5:6-8.

A little leaven leaveneth the whole lump, Galatians 5:9.

For a more in-depth teaching on the purpose and the benefits of Holy Communion, [read the full paper on this subject.](#)

