

# **THE KINGDOM OF GOD IS NOT IN WORD, BUT IN POWER.**



1<sup>st</sup> Corinthians 4:20

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## **Taking and participating in Holy Communion.**

The way in which we perceive the act of taking Holy Communion will determine what we will receive from it, "For as a man thinks in his heart so is he," **Proverbs 23:7**. I have put two of the more common ways I have heard people refer to Holy Communion. Each point holds a partial truth. However the degree of truth that you believe and hold yourself to, will also become your self-made limitation.

1). It is a remembrance of what Christ did for us on the cross, crucifixion, assertion, etc.

Holy Communion is much more than just a remembrance. If it was only a remembrance, we could achieve this by reading the Word, meditating on certain scriptures or perhaps even by looking at a picture. Whereby some scriptures say, "*do this in remembrance of Me*", others do not. There is no expectation in a remembrance, I will further address this later on. Christ gave us Holy Communion as a tool and not just a reminder of a past event.

2). It is a committing and acknowledgment of yourself in covenant with Christ.

This is good and we need to acknowledge and walk in the covenant that Christ made for us, but Christ did not make the new covenant with man, it was made between the Godhead. Since the covenant was not made with man, man cannot break it and thus our commitment, re-commitment or acknowledgment of it will not renew it or make the covenant stronger in itself. We might be renewing or reestablishing our personal commitment, until we fail again and then we will re-recommit ourselves again and thus the endless cycle goes on and on. Our entering into the covenant that Christ made for us actually happened upon our salvation, (*the new birth*).

Partaking of Holy Communion is both a remembrance and also actively communing with God's Spirit and partaking of Christ's body and blood. No, The physical bread and drink does not turn into the body and blood of Christ, that would be a sign or a wonder. The bread and drink remains bread and drink all the way through your digestive track. However, "God is a Spirit: and they that worship Him must worship *Him* in spirit and in truth," **John 4:24**. If you neglect or overlook the spiritual aspect, you are but only doing this in remembrance of Him.

Holy Communion gives us the privilege to commune with the Godhead. Now I know that some of you just chocked on that statement, but scripture points out that we are seated with Christ in heavenly places, **Ephesians 1:3, 2:6**. (either we are in the family of God or we

are not?). In-order to gain an inheritance you must be within the family, otherwise whatever you gain is referred to as a will. All believers have been given the gift of being sons and daughters of God, "But as many as received Him, to them gave He power to become the sons of God, *even* to them that believe on His name:", [John 1:12](#), [Romans 8:14](#) and [1<sup>st</sup> John 3:1](#) also tells us that those who believe on Him and are led by His Spirit are called the sons of God. Therefore, it is important when we take Holy Communion to realize that we are within God's family and that we have access to Christ's full inheritance. For if we view ourselves as outside of the family, we will question if we are deserving of Christ's inheritance and we will view Holy Communion as less than what it really is. When we partake in Holy communion, we have the ability to receive the fulness of His salvation, we are protected from the enemy by the blood of Christ and we can walk in authority as a true son of God.

Why is Holy communion sometimes called, "the meal that heals"?

1. In the healing of the Syro-Phoenician woman's daughter, in [Matthew 15:21-28](#) and [Mark 7:24-30](#). Jesus told the woman that it was not right to give the children's bread to the dogs. He referred to healing as the children's bread.
2. Jesus said that He was the bread of life, "I am the bread of life", [John 6:48](#). Saying, "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](#). "Jesus then 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", [John 6:53](#). Jesus is the living bread that came down from heaven.

Why is it important or needful to take Holy Communion?

1. Jesus gave His 12 disciples an example and a command, He took bread, blessed it, broke it and said; "take eat, this is My body", [Matthew 26:26](#), [Mark 14:22](#), [Luke 22:19](#). (Luke's gospel, includes the phrase, "do this in remembrance of Me", Matthew's and Mark's does not).
2. We have scripture examples in the book of Acts, "And they continued steadfastly in the apostles' doctrine and fellowship, and in breaking of bread, and in prayers", [Acts 2:42](#). "And they, continuing daily with one accord in the temple, and breaking bread from house to house, did eat their meat with gladness and singleness of heart", [Acts 2:46](#). "And upon the first *day* of the week, when the disciples came together to break bread, ...", [Acts 20:7](#).
3. Paul's teaching in, [1<sup>st</sup> Corinthians 11:24-30](#), "... do this, in remembrance of Me".
4. And by the breaking of bread, their eyes were open and they knew Him, [Luke 24:30-31](#).

Most churches when they hold communion use the scriptures in [1<sup>st</sup> Corinthians 11:24-26](#), that says "do this in remembrance of Me". We are not just remembering a past event, God does not live

in the past or the future, He lives in the present and we need to realize that we are actively partaking with Jesus Christ and our Father God and His Holy Spirit. Holy Communion is much more than just a ritual or a remembrance, it is also the further binding of a “common union” with a living Christ. For scripture says, “the Word is quick, (*alive*)”, [Hebrews 4:12](#). Jesus is also referred to as the Word, “And the Word was made flesh, and dwelt among us”, [John 1:14](#). “For He is not a God of the dead, but of the living: for all live unto Him”, [Luke 20:38](#). The teaching that Jesus gave in [John 6:32-58](#), says in brief, “Except ye eat the flesh of the Son of Man, and drink His blood, ye have no life in you”, [John 6:53](#). The people, the followers of Jesus in His day, realized what that meant, for they said, “this is a hard saying, who can bear it” and they all began to leave Him. Jesus was in-fact teaching right there, that He was more than just a human man and that if we do not partake of the divine nature of the Son of God, we have no life in us. Holy Communion allows us the opportunity of partaking of Christ's divine nature, do not minimize this, “for as a man thinks in his heart so is he”, [Proverbs 23:7](#). If you believe that partaking in Holy Communion is only a remembrance, that is exactly what you will get, simply a remembrance of a historical event that took place over two thousand years ago.

Whereby Holy Communion is a remembrance of what Christ did and accomplished for us, it is also a spiritual partaking of Christ's body and blood. If we choose to neglect or overlook the spiritual aspect of Communion, we also forfeit partaking of the belief that communing with Christ can bring. For example, I will use this comparison; Most all of us were first taught to drive a car by someone, it would be as if you were in remembrance of that learning experience while driving. However the vehicle is still taking you to your desired destination regardless of what you chose to remember. Unlike the car analogy, where you get to your destination regardless of what you might be thinking of, scripture tells us that, as a man thinks in his heart so is he, [Proverbs 27:3](#). When we think of God's Holy Communion to be only a remembrance, we actually set-up our own self limitation, believing and expecting nothing more than what our self-made limitation can provide. We must have proper kingdom thinking, knowing who we are in Christ and what rightfully belongs to us, or else we will, (perhaps unknowingly but willingly), forfeit our own inheritance.

Luke's gospel account of the last supper and the instruction in, [1<sup>st</sup> Corinthians 11:24-30](#), use the word “remembrance”. Matthew's and Mark's account of the last supper does not and John's gospel tells of a teaching that Jesus gave that we must partake of His body and blood.

I am not minimizing Paul's teaching in [1<sup>st</sup> Corinthians 11:24-30](#), that says, “do this in remembrance of Me,” this is a major teaching on Communion that most churches use. This teaching stresses the sense aspect, (*the carnal aspect*) and not the spiritual meaning, Paul was writing this to the church in Corinth. In the same epistle Paul also wrote, “And I, brethren, could not speak unto you as unto spiritual, but as unto carnal, *even* as unto babes in Christ,” [1<sup>st</sup> Corinthians 3:1](#). Paul was writing to them on their level of understanding.

What does it mean to, eat and drink unworthily, [1<sup>st</sup> Corinthians 11:27-32](#)?

<sup>27</sup> 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. <sup>28</sup> But let a man examine himself, and so let him eat of *that* bread, and drink of *that* cup. <sup>29</sup> For he that eats and drinks unworthily, eats and drinks

damnation to himself, not discerning the Lord's body. <sup>30</sup> For this cause many *are* weak and sickly among you, and many sleep. <sup>31</sup> For if we would judge ourselves, we should not be judged. <sup>32</sup> But when we are judged, we are chastened of the Lord, that we should not be condemned with the world, <sup>1st</sup> [Corinthians 11:27-32](#).

Let me first point out that scripture does not say that the man or woman is unworthy, it is speaking of drinking or eating unworthily. Within ourselves alone, none of us are worthy but, Christ has made all believers worthy. If we do not fully understand all of what Holy Communion is, we are actually partaking of it in an unworthy manner. God's Holy Communion, (common union with God's Holy Spirit), has unlimited potentials, "... the same Spirit that raised Christ from the dead ...", [Romans 8:11](#). For we are made in God's image and likeness, [Genesis 1:26](#), and we have been given His Holy Spirit to dwell within us. We have been given all the required essentials to properly and completely partake of God's Holy Communion and when we minimize it. We not only forfeit the benefit of it but, we also view the union that God wants us to have with us as something less than what a living member of the body of Christ should. Thinking that we personally fall short of receiving all of God's riches, believing ourselves to be unworthy and less than adequate to operate in the fullness of God's power or perhaps even thinking that we don't really need a relationship with the living God. God has given us the ability to enter into full and complete relationship with Him, His Spirit and Jesus Christ and when we minimize this relationship, we are actually eating and drinking in a unworthy manner. Christ has brought us into right relationship with the Father, we are now rightful heirs of Christ's inheritance, God has made us worthy and who are we to disagree?

### What does it mean to eat and drink damnation to oneself?

For he that eats and drinks unworthily, eats and drinks damnation to himself, not discerning the Lord's body, <sup>1st</sup> [Corinthians 11:29](#).

Let me first point out that Christ took the curse for us, "Christ redeemed us from the curse of the Law, being made a curse for us, ...", [Galatians 3:13](#). We are not under a curse, nor is partaking in God's Holy Communion going to put us under one. God will not curse His people, for He bless them in Genesis chapter 1 and that blessing cannot be reversed. Even the fall of man did not reverse that blessing, for God cursed the earth not man, "to Adam, He said, Because you have listened to the voice of your wife and have eaten of the tree, of which I commanded you, saying, You shall not eat *of it!* The ground *is* cursed for your sake. In pain shall you eat of it all the days of your life", [Genesis 3:17](#). If we choose to minimize Holy Communion, rather than activity partaking of Christ's body and of spiritual food that brings us everlasting life. We are merely partaking of physical food, (natural bread and drink), from the earth, that has been cursed, that will eventually lead to death, (thus eating and drinking damnation to ourselves).

I further address "eating damnation to yourself," for many people have concerns and questions about this. Scripture uses the word, "damnation," 11 times in the New Testament and it does not appear in the old testament. Whereby the word damnation 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 as describing situations of 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, (*Christ*), [1<sup>st</sup> Timothy 5:12](#) and, through (*their*) covetousness they have been made merchandise of, (*consumed with the cares of the world*), whose damnation slumbereth not, [2<sup>nd</sup> Peter 2:3](#). The word damnation is used in scripture to describe either a, “spiritual judgment” or “an earthly action.” In this case it is not talking of a spiritual judgment but rather an earthly action.

In-order to eat and drink damnation to yourself, you first must be partaking of the communion elements unworthily. We have defined this in the section above as not understanding, minimizing or even making light of what Holy Communion really is. For the scripture goes on to say that we have not, (*correctly*), discerned the Lord's body, [1<sup>st</sup> Corinthians 11:29](#). If we are not partaking of God's spiritual food then we are then merely partaking of physical food that has come from a earth that has been cursed, [Genesis 3:17](#).

Partaking of God's Holy Communion is not going to put you under some kind of a curse and spiritual damnation. The nature of God alone is one of love, compassion and even pity at times for His people. As scripture tells us; “the thief comes only to steal, kill and destroy, but I come, (*Jesus*), to give life and life more abundantly”, [John 10:10](#). According to this truth, if any damnation comes our way it is from the devil, it is not from God. God is a good God and desires the abundant life for His children, the devil is a bad devil and desires to kill, steal and destroy God's children, it is really that simple.

Holy Communion is a privilege and has been given to us as a tool, one of the ways we can commune with our Father, a spiritual God and the Godhead three in one. For we are His people made in His own image and likeness, [Genesis 1:27](#), we have His spirit living inside of us, [Romans 8:11](#), and we are a people for His name, [Acts 15:14](#). When partaking in Holy Communion we must look up to God's spiritual kingdom, rather than pulling the act of communion down to our physical level. For when we bring Holy Communion down to our physical level all that we can possibly gain from it is what this earth can offer us and that is various forms of damnation, for the earth has been cursed, [Genesis 3:17](#). But when we look up, (*seek*), God's spiritual kingdom we can and will reap the blessings, the life and health that only His kingdom can offer us, [Matthew 6:33](#).

Two distinct elements, the bread and the wine, (*the body and the blood of Christ*). Usually, when Holy Communion is given, we are told something like, Christ died for us, we are now forgiven, redeemed and saved and we are left to figure the rest out for ourselves. The two elements of Holy Communion do have two distinct functions, the wine is for our salvation, forgiveness, redemption, etc. and the bread is to give us God's nature here on this earth. This is what some of the older hymns refer to as the double blessing.

*The bread, (the body of Christ)*, represents as the nature of Christ. The fruit of the Spirit is, “love, joy, peace, long-suffering, kindness, goodness, faith, meekness, self-control; ...”, [Galatians 5:22,23](#). This is the character of God and the nature of His Son, Jesus Christ, [Hebrews 10:10](#). Correctly discerning the bread, (*the body of Christ*) will not only provide healing for our physical body, but it will help us to show forth fruit of our Christian walk. Scripture tells us, “my brothers, you



also have become dead to the law by the body of Christ”, [Romans 7:4](#). We sometimes refer to Holy Communion as the breaking of bread, this is because, “And giving thanks, He broke *it* and said, ‘Take, eat; this is My body, which is broken for you; this do in remembrance of Me.’”, [1<sup>st</sup> Corinthians 11:24](#). The body of Jesus was broken in every way so that ours might be made whole. And we are sanctified through the body of Christ, “By this will we are sanctified through the offering of the body of Jesus Christ once for all”, [Hebrews 10:10](#).

*The wine, (the blood of Christ)*, “in whom we have redemption through His blood, the remission of sins.”, [Colossians 1:14](#). By partaking of the blood of Christ, we acknowledge and partake in right standing and the fullness that the Father has for us, salvation, forgiveness, deliverance, righteousness, redemption and eternal life. This applies primarily to our spirit, because God is a Spirit, “God *is* a spirit, and they who worship Him must worship in spirit and in truth”, [John 4:24](#). When we take Communion we tend to focus primarily on the blood of Christ and we sing songs such as, “there is power in the blood”, well there should also be a song saying, there is abundant life, divine health and healing in the bread.

*God's Holy Communion brings life and health, not curses and death!*

When we eat and drink in an unworthy manner, scripture says; “For this cause many *are* weak and sickly among you, and many sleep”, [1<sup>st</sup> Corinthians 11:30](#). This is the only place in the God's Word where it gives a reason why Christians are weak, sick and die (a physical death). It stands to reason that if we eat and drink in a worthy manner, we would not reap weakness, sickness and death. Applying [John 10:10](#), “the thief comes only to kill, steal and destroy, but I have come that they may have life a life more abundantly”. We see the abundant life vs. destruction, so if we receive the full benefit of Holy Communion, it will provide us with life and life more abundant.

The reason that people are week, sickly and sleep, (*die a physical death*), is because they reside only in this fallen world. There are only two realms in this life, the kingdom of Light – that brings life and life more abundantly, and the kingdom of darkness or of this world – that brings death. Holy Communication, in and of itself, is not going to curse us or harm us if we take it improperly, but if we take it improperly, not discerning the Lord's body, we will forfeit the blessing that we can receive from it, and we will simply remain under the curse of this world. We do not usually think of eating our favorite meal as eating damnation to ourselves, but all of the food on this planet has come from the same earth that in [Genesis 3:17](#) was cursed. A cursed earth cannot help but to grow and produce food that is also under the curse.

We can partake of Holy Communion, (His body and blood), ourselves. We do not need to be in a church setting, nor do we even need to be with a group of people, it can be just you and God. For, scripture tells us; “But ye *are* a chosen generation, a royal priesthood, a holy nation, a peculiar people; that ye should show forth the praises of Him who has called you out of darkness into His marvelous light”, [1<sup>st</sup> Peter 2:9](#). God has given man His Holy Spirit, if we acknowledge His Spirit living in us, we must also realize that we can be in constant fellowship with His Spirit. God has also given us the ability to commune with His Spirit via Holy Communion. And has made mankind worthy of receiving, partaking in and even administrating His Holy Communion. Do not minimize God's gift of Holy communion, for if we think of it only as a ritual or a

remembrance, or simply acknowledge it as a sign of our standing in the new covenant, that is all that we shall receive from it. For as a man thinks in his heart so is he, [Proverbs 23:7](#).

### In summary:

- Partaking in Holy Communion should first be thought of as being within God's family, for only a true son of God can partake, (commune) with His Spirit.
- We can partake in Holy Communion as a church congregation, in a group setting or even by ourselves.
- We can partake as often as we like. Daily or it can even be done multiple times per day, as often as one might take an earthly medication, think of it as taking the Gos-pil.
- Taking Holy Communion covers us with His blood, provides us with protection from the enemy and it gives us the ability to receive the fulness of His salvation.
- Communing with God, His thoughts, power and unlimited supplies, can take you as far as you desire and expect to go, For: "As a man thinks in his heart so is he", [Proverbs 23:7](#). Most of us apply some-kind of a worldly reasoning and expectation to a Spiritual God. Take off the self-imposed limitations and allow this to be a true time of communion with the Lord.

## Appendix of scriptures regarding acts of Communion:

And she said, Truth, Lord: yet the dogs eat of the crumbs which fall from their masters' table. Then Jesus answered and said unto her, **O woman, great is thy faith: be it unto thee even as thou wilt.** And her daughter was made whole from that very hour, [Matthew 15:27-28](#) & [Mark 7:28](#).

And as they were eating, Jesus took bread, and blessed *it*, and brake *it*, and gave *it* to the disciples, and said, **Take, eat; this is My body,** And He took the cup, and gave thanks, and gave *it* to them, saying, **Drink ye all of it; For this is My blood of the new testament, which is shed for many for the remission of sins,** [Matthew 26:26-28](#).

And as they did eat, Jesus took bread, and blessed, and brake *it*, and gave to them, and said, **Take, eat: this is My body.** And He took the cup, and when He had given thanks, He gave *it* to them: and they all drank of it. And He said unto them, **This is My blood of the new testament, which is shed for many,** [Mark 14:22-24](#).

And He took bread, and gave thanks, and brake *it*, and gave unto them, saying, **This is My body which is given for you: this do in remembrance of Me.** Likewise also the cup after supper, saying, **This cup is the new testament in My blood, which is shed for you,** [Luke 22:19-20](#).

And it came to pass, as He sat at meat with them, He took bread, and blessed *it*, and brake, and gave to them. <sup>31</sup> And their eyes were opened, and they knew Him; and He vanished out of their sight, [Luke 24:30-31](#).

**I am the living bread which came down from heaven: if any man eat 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.** The Jews therefore strove among themselves, saying, How can this man give us *his* flesh to eat? 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,** [John 6:51-53](#).

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? <sup>17</sup> For we *being* many are one bread, *and* one body: for we are all partakers of that one bread, [1<sup>st</sup> Corinthians 10:16-17](#).

<sup>24</sup> 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.** <sup>25</sup> 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.** <sup>26</sup> For as often as ye eat this bread, and drink this cup, ye do shew the Lord's death till He come. <sup>27</sup> 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. <sup>28</sup> But let a man examine himself, and so let him eat of *that* bread, and drink of *that* cup. <sup>29</sup> For he that eats and drinks unworthily, eats and drinks damnation to himself, not discerning the Lord's body. <sup>30</sup> For this cause many *are* weak and sickly among you, and many sleep. <sup>31</sup> For if we would judge ourselves, we should not be judged. <sup>32</sup> But when we are judged, we are chastened of the Lord, that we should not be condemned with the world. <sup>33</sup> Wherefore, my brethren, when ye come together to eat, tarry one for another. <sup>34</sup> And if any man hunger, let him eat at home; that ye come not together unto condemnation. And the rest will I set in order when I come, [1<sup>st</sup> Corinthians 11:24-34](#).