

Participating in Holy Communion.

As in everything we do, every blessing or gift that we receive concerning God's kingdom, faith is required. Likewise, our belief and faith that we have when taking Holy Communion, greatly determines what we will receive from it. For what we have faith to believe in, is always our choice and will direct what we are able to receive from it, for we can never rise above what we currently restrict our beliefs and faith to.

I have written down some of the steps or levels of belief that believers may go through in understanding the gift of Holy Communion.

- Seeing Holy Communion as a ritual, where we are to remember what Christ did for us through His earthly ministry and death on the cross. However, there is much more to Holy Communion than a ritual or a remembrance, for the same scriptures that say, **do this in remembrance of Me**. Also says, **this is My body and My blood of the New Covenant**, **1st Corinthians 10:23-26**.

If you believe that partaking in Holy Communion is only a remembrance, that is exactly what you will get, a remembrance of a historical event that took place over two thousand years ago.

I am not minimizing the Apostles Paul's teaching, for it also states that we are partaking of the body and the blood of Christ. But rather, to point out that when people partaking of communion emphasizes the word "remembrance," one tends to think only in the natural, not perceiving of the spiritual aspect of it. For, Paul in the same epistle also wrote, "And I, brethren, could not speak unto you as unto spiritual, but as unto carnal, *even* as unto babes in Christ," **1st Corinthians 3:1**. Thus, we see that Paul was writing to them on a level that they could understand.

- Next we also may realize that Holy Communion also promotes a common bond of unity and fellowship between church believers, **1st Corinthians 10:17**.
- While some may also see it as more of a personal commitment or re-commitment to Christ and of the New Covenant that He accomplished for us on the cross. This is good, we all need to make and maintain a personal commitment to Christ. But realize that the New Covenant was made between the Godhead, between the Father and Jesus the Son. Therefore, we cannot break it, and that is a great thing, but also we cannot strengthen the covenant that was made for us.
- And then finally coming into the revelation that Holy Communion is acknowledging and partaking in the blood Covenant of the New Testament, or the New Covenant that Christ made for us. This is the underling theme that most of this paper will be on, presenting Holy Communion as spiritually partaking of the body and the blood of Christ Jesus, what that means and how we can enter into the covenant that Christ established for us on the cross. For, Jesus said to two of His disciples: "**Ye shall indeed drink of the cup that I drink of; and with the baptism that I am baptized withal shall ye be baptized**," **Mark 10:39 & {Matthew 20:23}**.

When we partake of Holy Communion, it is important to realize that we are part of God's family, we may be abiding here on this physical earth, but we are citizens with the saints, and of the household of God; **Ephesians 2:19**. Our mindset matters greatly, either we come knowing that we are a family member and one in Christ Jesus and are worthy to partake of the Family riches, or we come having a guest mentality wondering if we are worthy to beg for a handout. As **1st Corinthians 11:28** says, we need to examine ourself before we come to the table. I will address this further under the header examining yourself, but know that your mindset and beliefs will direct your outcome.

Partaking of His flesh and drinking of His blood, what does that really mean ?

As Jesus taught in John chapter six; He said that unless we eat of His flesh and drink of His blood, we have no life within us, and that whosoever eats of His flesh, and drinks of His blood, has eternal life; and that He will raise him up at the last day, [John 6:53-54](#). Likewise He went on to say that, His flesh is meat and His blood is drink, and He that eateth His flesh, and drinketh His blood, dwells in Him, and He in them, [John 6:55-56](#). I believe that this is the fundamental purpose of Holy Communion, to acknowledge and partake in the blood covenant that was made for us.

When Jesus spoke this to the Jews in the synagogue, the people referred to His message as a hard teaching. And many of His new disciples left Him, for they most-likely related the teaching to cannibalism, for, the Crucifixion was yet to happen, and Jesus was still with us in the physical.

Even today, with Jesus now seated in heaven at the right hand of the Father, [Hebrews 1:3](#), spiritually eating of His flesh and drinking of His blood may seem repulsive to some and may still remain to them a hard teaching. But, this is one decision that all of us need to make for ourselves, for when Jesus gave this message, many of His new disciples turned and walked no more with Him, [John 6:60](#). Then He turned to His 12 and asked them also if they wished to leave Him too? [John 6:66-67](#). From the answer that Peter gave, it could be implied that he was also not to happy with this new teaching, but to Peter's credit, he and the other disciples stayed. However we must all make this decision for ourselves. What will yours be, do you wish to leave Him too?

Whereby we can spiritualize partaking of His body and drinking of His blood to be nothing more than feeding on God's Word, for Jesus was and is the Word made flesh, [John 1:14](#). However, I see this as a convenient line of reasoning to avoid and shortcut the entire subject, but lets look at some of the reasons as to why we should consider what He said to be a literal.

- God did more than just breathed His breath into us. "And the LORD God formed man *of* the dust of the ground, and breathed into his nostrils the breath of life; and man became a living soul", [Genesis 2:7](#). God is a Spirit, [John 4:24](#), and God is light, [1st John 1:5](#), thus, the equivalent to blood would be God's glorious light. God breathed into us His breath, His light and His life. We are 100% made in God's own image, [Genesis 1:26](#), and we are 100% dependent on God. Therefore why should we not welcome partaking of the blood of Jesus, God's own Son?
- Jesus spoke saying: **I am the vine, ye are the branches: He that abideth in Me, and I in him, the same brings forth much fruit: for without Me ye can do nothing**, [John 15:5](#). We often talk about how the same sap that nourishes the Root, also nourishes the branches. But when it comes down to actual application, we tend to revert back to defining things spiritually or figuratively. however, if we are all nourished from that one Root, are we not also to be one blood with Him?
- [Hebrews 10:29](#) warns us that we are not to count the blood of the covenant, wherewith Jesus was sanctified, an unholy thing, thus, doing despite unto the Spirit of grace. Here we even have scripture telling us not to count the blood unholy. Now it is always up to us as how we perceive a holy thing, whether we just give it lip service, distance-reverence or do we honor, prize and value this great gift that we were given and have the privileged to partake of.

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 likewise the cup saying; This is My body and My blood, [Matthew 26](#), [Mark 14](#), & [Luke 22](#).
2. We see these 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 and example in, [1st Corinthians 11:24-30](#), “... do this, in remembrance of Me”.
4. The Apostle Paul in [1st Corinthians 11:30](#), only gives one reason why believers are weak and sickly, and some have died, Because they are are eating and drinking in an unworthy manor, not properly discerning the Lord's body. Therefore, if we learn to properly discern the Lord's body when taking communion, we can expect that we could find life and health through taking Holy Communion.
5. And by the breaking of bread, their eyes were open and they knew Him, [Luke 24:30-31](#).

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, if we partake of His very own essences, should we then not expect physical healing to follow?

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

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. ³¹ For if we would judge ourselves, we should not be judged. ³² But when we are judged, we are chastened of the Lord, that we should not be condemned with the world, [1st Corinthians 11:27-32](#).

Please understand that scripture does not say that the man or woman is unworthy, it is speaking of drinking or eating unworthily. (*In and of ourselves*), none of us are worthy but, Christ has made all believers worthy. First we need to define and understand what it means to examine ourself before we partake of Holy Communion, for by doing this we will realize if we are eating and drinking in an unworthy manor or not.

What does it mean to, "examine ourself," before we partake of Holy Communion.

But let a man examine himself, and so let him eat of *that* bread, and drink of *that* cup,
[1st Corinthians 11:28](#).

Let me first say that we are not examining our past, all of us have dark spots in our past and if we are believers, Christ has removed them as far as the east is from the west, rather we need to examine our current thoughts and beliefs. I have heard it said that, we need to see Christ's body as pure and spotless, well yes, of-course, this is true. All believers know this or atleast should know this, rather I see this answer as yet another convenient reasoning to shortcut or avoid or the entire question. So

lets explore this deeper: We need to analysis or examine our current belief system, to see if it concurs with all of what Holy Communion is or are we short-cutting the body and the blood to be less than what they are. If so we are actually partaking in an unworthy manner.

God's Holy Communion (common union), with all that the blood covenant provides for us has unlimited potentials, 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 to have with us as something less than what a living member of the body of Christ should.

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, **1st Corinthians 11:29**.

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 at the time of creation, Genesis chapter 1, and that blessing cannot be reversed. Even the fall of man did not reverse that blessing, rather the ground *was* cursed for mans sake, **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, 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*), **1st Timothy 5:12** and, through (*their*) covetousness they have been made merchandise of, (*consumed with lust and greed*), whose damnation slumbereth not, **2nd 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, **1st 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 or bring misfortune and spiritual damnation upon you. God's nature alone is one of love, compassion and even pity at times for His people, Jesus came to give us life and life more abundantly", **John 10:10**. God is not going to send a lighting bolt down from heaven and consume you if you somehow partake of His Holy Communion improperly, while maintaining a pure and righteous heart towards the Lord. At the most, we will simply do without the blessing that could have been ours.

Two distinct elements, the bread and the wine, (*the body and the blood of Christ*).

The two elements do have two very distinct functions, the wine is for our salvation, forgiveness, redemption, etc. and the bread is to give us God's nature, abilities and even His very own essences, here on this earth. This is what some of the older hymns refer to as the double blessing. When we partake in Holy Communion we generally 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.

The bread, (the body of Christ), represents the nature and essences of Christ. Christ's nature can easiest be realized by looking at the fruit(s) of the Spirit: "love, joy, peace, long-suffering, kindness, goodness, faith, meekness and self-control.", [Galatians 5:22,23](#). Becoming more fulfilled, kinder and a gentler person is a wonderful thing. however, I believe we can also find our physical healing through partaking of the bread (*the body*), of Christ. Communion is often referred to as the breaking of bread, this is because, Christ's body was broken for you, so that our body might be made whole in every way. As scripture also tells us that we are sanctified through the body of Christ, "By this we 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 are acknowledging that we are in right standing and the fullness that the Father has for us. Christ's blood bought our salvation, forgiveness, deliverance, righteousness, redemption and eternal life, a complete and perfect work. We can of course set our beliefs just on this, or we can further learn, acknowledge and to some degree we can participate in the blood covenant the Jesus and the Father made for us.

Where and how often can we partake of Holy Communion.

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", [1st 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. And has made mankind worthy of receiving, partaking in and even administrating His Holy Communion.

