

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



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

POWER MINISTRIES

<http://PowerMinistries.info>

partnering with the ALPHA & OMEGA



### **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 down a few ways I have heard people refer to and explain what Holy Communion is. 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 says, "do this in remembrance of Me", others do not. There is no expectation in a remembrance, 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*).
- 3). The way we need to think of Holy Communion is: Actively participation, (*communing*) with God's Spirit and partaking of Christ's body and blood.  
Jesus said, "<sup>3</sup> Except ye eat the flesh of the Son of Man, and drink His blood, ye have no life in you, <sup>4</sup> Whoso eats My flesh, and drinks My blood, has eternal life; and I will raise him up at the last day", John 6:53-4. He gave this teaching [starting at John 6:27](#), and after the teaching many of His followers said, this is a hard saying, who can comprehend it, John 6:60, and many of them walked no more with Him, John 6:66. It might be hard for us to comprehend partaking in a relationship with the Godhead, but if we minimize this, we are also minimizing and limiting what God can do through us.

Holy Communion gives us the privilege to commune with the Godhead. Now I know that some of you just choked 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 are protected from the enemy by the blood of Christ, we have the ability to receive the fulness of His salvation 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".

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 must 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 Christ. 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 and God's forgiveness, 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.

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

Most the time 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, righteousness, etc. and the bread is to give us God's nature here on this earth, to allow us to walk in His complete sanctification. This is what some of the older hymns refer to as the double blessing. I will first talk about the wine, (the blood of Christ), because most of us are more familiar with the wine, even though it is proper to partake of the bread first.

*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 in the bread.

*The bread, (the body of Christ)*, I view 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. I believe this to be the character of God and the nature of His Son, Christ Jesus. 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.

## *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, 1<sup>st</sup> Corinthians 11:27-32.

Let me first point out that scripture does not say 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 manor. 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. God has offered, 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 manor. 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?*

Let me 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 cursed the earth, "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 Christ's body and of spiritual food that brings us everlasting life. We are merely partaking of physical food, (natural bread and wine), from the earth, that has been cursed, that will eventually lead to death.

### *Holy Communion brings life and health, not death!*

When we eat and drink in an unworthy manor, 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 manor, 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 two abundant life vs. destruction. So if we receive the full benefit of Holy Communion, it will provide us with life and life more abundant.

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. 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 partake 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, that is all that we shall receive from it.

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 with His Spirit.
- We can partake in Holy Communion as a church congregation, in a group setting or even by yourself.
- 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.