



# Holy Communion

"For I have received of the Lord that which also I delivered unto you, That the Lord Jesus the same night in which he was betrayed took bread: 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.** 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.** For as often as ye eat this bread, and drink this cup, ye do shew the Lord's death till he come. 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. But let a man examine himself, and so let him eat of that bread, and drink of that cup. For he that eateth and drinketh unworthily, eateth and drinketh damnation to himself, not discerning the Lord's body. For this cause many are weak and sickly among you, and many sleep. For if we would judge ourselves, we should not be judged. But when we are judged, we are chastened of the Lord, that we should not be condemned with the world."

-1 Corinthians 11:23-32

Communion is the way Christ asked His disciples to remember His broken Body and shed Blood. Communing with the Blood and Body of Christ is a time of intimacy with Jesus, a time of reflection of the benefits of the Cross, a time of thanksgiving to God, and a time of strengthening for warfare. Christ is our Passover and Passover Lamb, His sinless Body is our unleavened bread, and His Blood is our wine/grape juice. Before we partake in the most holy elements of the Lord's Body, scripture requires us to examine ourselves. If we are not living right, we are not to have fellowship with the Body and Blood of Jesus. Doing this causes sickness and even death. Only those who are truly disciples of the Most High God can take communion. If you are truly living right to the best of your ability and your heart is clear before the Lord, you have the right to have this special fellowship and communion with Him. Communion consists of unleavened bread, what is known as "Matzo Crackers", and grape juice; I personally like "Kedem 100% Grape Juice". Both the Matzo crackers and Kedem grape juice (or another 100% grape juice) can be purchased at your local grocery store. You can read this short prayer as you partake in Holy Communion with the Lord:

*"Heavenly Father, I come before You full of thanksgiving. Thank You for the Blood of Your Son Jesus, and thank You for the Body of Your Son Jesus. Father in the name of Jesus, I repent for all of my sins (be specific about things you know you've done wrong during this part of the prayer, and ask the Lord to bring to your memory any sins you committed which you don't remember, or that you've committed unknowingly). I ask that You wash me with the Blood of the Lamb in the name of Jesus Christ." \*You can take this time to make the prayer personal before moving on\* When you are finished praying, and ready to take communion, read below.*

*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** \*eat the bread at this point\*. 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. But I say unto you, I will not drink henceforth of this fruit of the vine, until that day when I drink it new with you in my Father's kingdom** \*drink the grape juice at this point\*. And when they had sung an hymn, they went out into the mount of Olives. -Matthew 26:26-30*