

COMMUNION – THE LORD’S TABLE

[Shiloah Christian Ministries – 23/2/03, revised May 2007--ekb]

Reading: *1Cor 11:20--34, Lk 22:19,20, 1Cor 10:16,17, Ac 2:42, Jn 6:53-56.*

The Communion of the Lord’s Table is **more than a symbolic remembrance** of what Jesus did for us at the Last Supper and on the Cross, to accomplish our forgiveness, salvation, redemption and to establish the New Covenant, *1Cor 11:24,25*. He said, “Take eat: **this is My Body**, which is broken for you.” And He said, “This cup is **the New Testament in My Blood:**”

Jesus said that **His flesh was given for the life**, (zoe – eternal life), **of the world**, *Jn 6:51, 2Pet 1:3, Jn 6:55, 1Pet 2:24, Mat 8:16,17.*

His blood was shed for our redemption, forgiveness of sins, justification, sanctification, cleansing and full salvation, *Eph 1:7, Col 1:14, Rom 5:9, Rev 1:5, Rev 5:9,10, Heb 13:12.*

As we take the Bread and Cup of Communion, the bread and the drink remain materially unchanged. As we eat and drink, we **feed on Christ in our hearts by faith with thanksgiving**, and receive all the benefits of the full redemption through His Blood and all the benefits of the life He laid down for us.

If the unworthy participation of the Lord’s Table results in weakness, sickness and death, *1Cor 11:30*, **then worthy participation must result in strength, healing, health and life.** It is written that, “By His stripes we were healed”, *1Pet 2:24, Is 53:5, Is 50:6.*

Worthy participation of the Lord’s Table, is, firstly, to have a clear conscience before God, so that we are not aware of any sin, which we have not confessed or repented of, before God, *Ps 66:18, 1Jn 1:9.*

Secondly, we are to come forgiving all who have hurt or offended us, *Mk 11:25,26, Mat 6:14,15, Mat 18:21—35.* We are to release them from our condemning judgment, bitterness and resentment, *Mat 7:1,2, Jam 4:11,12, Rom 2:1,2, Rom 14:10,* and hand the problem over to God to sort out and resolve, *1Pet 5:7, Ps 55:22.* Where possible we are to go and see our brother and do our best to sort things out, *Mat 18:15—17.* Also we are to pray blessing for them, *Lk 6:27,28,35-37,* as in *Ac 26:18, Col 1:9—11.*

The Bread is a symbol of the Holy Spirit who lives within us. He brings to us the Life of God, which we are to receive by faith and thanksgiving.

The Cup is a symbol of our position in Christ, of full redemption and salvation, which we are also able to receive by faith and thanksgiving.

Take the Lord’s Supper frequently, on your own, with your wife/husband, with your family, with your church congregation, in a cell group, or with a group of friends.

We use unfermented grape juice for the Cup, which we can buy locally. But use the most suitable drink that you can obtain in your locality. For the Bread, use the bread you normally eat.

However, some like to use bread without yeast.