

GUIDE FOR COMMUNION
The Covenant Meal (Communion)
(Bread and juice are the elements of communion which represent our covenant)

Bread symbolizes the body. The juice symbolizes the blood of the covenant.

When a person gave bread to his covenant partner and he ate it, he was eating the person's body, symbolizing that his body is in his partner and his partner's body is in him – they are one, we are one in the Lord. **(Gal. 3:28)**

It symbolizes the giving of life – it says, "If you were starving, I would feed you my very flesh before I would let you die."
(John 1:14, Word made flesh)

The bread and the wine are then passed around to all the relatives and they all partake and enter into the covenant.
(Matt.26:26, gave it to them, eat..)

1Co 11:23-32 (AMP)

For I received from the Lord Himself that which I passed on to you [*it was given to me personally*], that the Lord Jesus on the night when He was treacherously delivered up *and* while His betrayal was in progress took bread, And when He had given thanks, He broke [*it*] and said, *Take, eat*. This is My body, which is broken for you. Do this to call Me [*affectionately*] to remembrance.

Similarly when supper was ended, He took the cup also, saying, This cup is the new covenant [*ratified and established*] in My blood. Do this, as often as you drink [*it*], to call Me [*affectionately*] to remembrance. For every time you eat this bread and drink this cup, you are representing *and* signifying *and* proclaiming the fact of the Lord's death until He comes [*again*].

So then whoever eats the bread or drinks the cup of the Lord in a way that is unworthy [*of Him*] will be guilty of [*profaning and sinning against*] the body and blood of the Lord. Let a man [*thoroughly*] examine himself, and [*only when he has done*] so should he eat of the bread and drink of the cup.

For anyone who eats and drinks without discriminating *and* recognizing with due appreciation that [*it is Christ's*] body, eats and drinks a sentence (a verdict of judgment) upon himself. That [*careless and unworthy participation*] is the reason many of you are weak and sickly, and quite enough of you have fallen into the sleep of death.

For if we searchingly examined ourselves [*detecting our shortcomings and recognizing our own condition*], we should not be judged *and* penalty decreed [*by the divine judgment*]. But when we [*fall short and*] are judged by the Lord, we are disciplined *and* chastened, so that we may not [*finally*] be condemned [*to eternal punishment along*] with the world.

When I break the bread and drink the cup during Communion, I not only confess my loyalty to Jesus, but to every member of the body of Christ who breaks the bread and drinks the cup with me.

I am strong, I bear the burdens of the weak – I have taken on their weaknesses.

I will never criticize; I will assume their spiritual responsibilities and weaknesses.

We are one: if I criticize them, I criticize me.

You can do this at home alone or with your family!

1. Have Communion elements (bread/cracker for Christ's body) and juice (for Christ's blood).
2. Search your heart for unconfessed sin (1 Corinthians 11:23-30).
3. Confess your sin to God (1 John 1:9).
4. If there is unresolved conflict in your life; seek reconciliation (Matthew 5:23).
5. Reflect on all Jesus did and went through to pay the penalty for your sin (1 Corinthians 11:23-30).
6. Read Matthew 26:26-28 or 1 Corinthians 11:23-30.
7. Continue in prayer as the Holy Spirit leads and give thanks for the body and the blood of the Lord that was shed for you (1 Thessalonians 5:18). Plead the Blood!