

“Do this in remembrance of Me” Jesus Luke 22:19b

Felt that Jesus said to turn aside to communion

The first day of the week, referred to as the Lord’s day by the early church is purposed to bring believers together to celebrate the life, death and resurrection of Jesus Christ.

Orthodox service where my heart was moved (sanctity, honor not leaving a drop)

The early church and the commitment to Christ in communion.

Early church-

- The first part of an early Christian worship assembly was open to all, including strangers, who might be converted by the preaching. The second part of the service involved the Lord’s Supper, which only the baptized were allowed to partake, so the unbaptized departed then. **In the early church it was not permitted to receive communion until you were baptized and part of the family of God**
- Repentance was an involved process in the early church. Sin was not seen as a personal matter but as something that destroyed the unity of the church. Individuals fasted and prayed for the forgiveness of sins, appeared before the church to make public confession, **and were barred from the Lord's supper until they gave evidence of a change of heart and were absolved.**
- In the early church mass or communion was emphasized at the expense of other forms of worship like preaching or singing yet in the western church it has lost much of its sacred value and mystery. Communion is often overshadowed by other things.

Debates Over the Real Presence Began Early

- A central theological question was (and remains): **Is Jesus literally present in the bread and wine?**
- Church Fathers like **Ignatius of Antioch** (1st–2nd century) already spoke of the Eucharist as the "flesh of Christ," indicating an early belief in the **Real Presence**.
- Over time, this developed into different doctrines like **Transubstantiation** (Catholic), **Consubstantiation** (Lutheran), and **Memorialism** (Reformed).

Communion Controversies Sparked Schisms

- These theological differences were so sharp that they **prevented unity among Protestant reformers.**

Shared Communion, however, is still generally **not permitted** between believers due to differing theological understandings. **Every believer should be able to agree that the real Presence of Jesus is found in communion and every believer should participate in the body and blood of Jesus together**

Jesus has invited us to fully participate in unbroken fellowship with Him by the power of the Holy Spirit. Many times man has made a religious practice out of something that was meant to be a devotion of intimacy.

Communion is a sacrament that Jesus gave us as a meal of remembrance that is alive and active and full of the divine mystery and beauty of Jesus. *This holy, covenant meal draws us to Christ's sacrificial death on the cross. We thank Him, we encounter Him and fully receive everything that He wants to release in our lives.* **This gift of communion given to us by Jesus Himself has power to bring forgiveness and healing to your soul and body as you receive from His wounds by faith and apply the blood to areas of need.**

Matthew 26: ²⁶ And as they were eating, Jesus took bread, blessed and broke it, and gave it to the disciples and said, "Take, eat; this is My body." ²⁷ Then He took the cup, and gave thanks, and gave it to them, saying, "Drink from it, all of you." ²⁸ For this is My blood of the new covenant, which is shed for many for the remission of sins.

The disciples were eating the annual Passover meal which celebrated the deliverance from Egypt as well as God's mercy and provision when He passed over the home of the Israelites. The blood of the slain lamb on the outside of the Israelites door protected their families from God's judgment upon the Egyptians. The dinner was full of symbolism and reminders of God's faithfulness.

"As they were eating" Jesus took hold of two very common items and declared that they had new meaning. He took something ordinary and made it miraculous provision, *He took bread, blessed it and broke it, and said "Take, eat; this is My body", He took the cup and gave thanks (expressed gratitude) saying drink from it, for this is My blood of the new covenant, which is shed for many for the remission of sins.* His words changed what was ordinary into something miraculous. So something is normal or common until it's dedicated to its proper purpose. Jesus took two ordinary elements bread and wine yet when he dedicated them as His body and blood they were no longer common but consecrated, set apart and blessed.

1 Timothy 4:5 (NKJV) for it is sanctified by the word of God and prayer.

John 6 ⁵³ Then Jesus said to them, "Most assuredly, I say to you, unless you eat the flesh of the Son of Man and drink His blood, you have no life in you." ⁵⁴ Whoever eats My flesh and drinks My blood has eternal life, and I will raise him up at the last day. ⁵⁵ For My flesh is food indeed,

and My blood is drink indeed. ⁵⁶ He who eats My flesh and drinks My blood abides in Me, and I in him. ⁵⁷ As the living Father sent Me, and I live because of the Father, so he who feeds on Me will live because of Me.

After the Holy Spirit was poured out in Acts 2, the early church moved into a rhythm of at least weekly having a meal together which was followed by the holy meal of Christ body and blood to remember the life and sacrifice of Jesus.

- **The Lord's Supper is much more than just a religious tradition—it symbolizes everything Jesus did for us at Calvary.** When you partake of the cup (representing the blood), you are remembering that Jesus delivered you from sin, yet He is right now delivering you, washing you as you received by grace. When you eat the bread (representing His body), you are acknowledging the physical and spiritual torment Jesus endured to deliver you from temptation, addiction, worry, care, fear, poverty, lack and every part of the curse. That includes sickness and disease ([Isaiah 53:5](#)).
- **Hopeful Expectation must be realized when receiving. Faith is the key to unlocking all of the promises of God.** Jesus said, [Mark 11:24 \(NKJV\)](#) “Therefore I say to you, whatever things you ask when you pray, believe that you receive [them,] and you will have [them.]. *If we receive Communion in faith, then we enter not only into forgiveness of sin, but also healing for our body personally and collectively.* **The fragmented and imperfect bride comes together to feast on the One who knew no sin and laid His life down for us.**

Are you like the Psalmist aware of the benefits of having the very Presence of God living in you. Jesus was, is and always will be the all sufficient sacrifice.

Psalm 103 Bless the Lord, O my soul; And all that is within me, *ble*ss His holy name!

² Bless the Lord, O my soul, And forget not all His benefits:

³ Who forgives all your iniquities, Who heals all your diseases,

God created the Lord's Supper for a reason. When you receive it, you should plan to partake of everything Jesus' sacrifice provided—(loving, delighting, restoring) salvation, peace of mind, healing and prosperity. Otherwise, you're neglecting to enjoy the gifts He sacrificed to give you. **We need to continually practice the Presence of Jesus in our midst through the abiding Holy Spirit and receive/believe what He is saying.**

- You don't have to wait until you go to church to receive Communion but there is something significant and Biblically essential about the body of believers Receiving the body and blood of Jesus together on a consistent basis, ensuring He alone is the reason we gather. Many men and women of God make this sweet fellowship with Jesus weekly or even daily but **that doesn't replace the gathering and participation in Jesus together as one.**
- Every time we participate in Communion, we become increasingly aware of Jesus, our all-sufficient sacrifice. We are meant to never lose sight of this beautiful Man and to make every decision with Him in mind. **We can work and put together sermons and worship sets but when it come to the body and blood of Christ, we fully rest in His finished work and receive.** The fact is we always come needy and He always comes to provide.
- **Examine yourself** before you take Communion. Before we partake, the Bible tells us to examine our hearts (1 Corinthians 11:28-29). Ask God for forgiveness in areas where you've missed the mark (strife, unforgiveness, jealousy, envy, hatred, covetousness, fear, worry, unbelief, etc.) Also, be sure you are not receiving Communion just as a religious exercise, rather than truly recognizing Jesus love for you and your love for Him while accepting everything Jesus' sacrifice provided.
 1. **Remember/Recognize**-what Jesus has done, is doing and that He is coming again.
 2. **Repent and Renounce**-Any way of thinking that does not line up with His truth as revealed in the word of God.
 3. **Receive**-His finished work that has already been paid in full. Including forgiveness of all sin and healing of all diseases.
 4. **Rejoice**-Have faith that your loving Father has heard you and is releasing answers to your prayers of faith.

Luke 22:19-20 (NKJV) 19 And He took bread, gave thanks and broke [it,] and gave [it] to them, saying, "This is My body which is given for you; do this in remembrance of Me." 20 Likewise He also [took] the cup after supper, saying, "This cup [is] the new covenant in My blood, which is shed for you."

Home group questions

1. Discuss what Holy Spirit is speaking to your heart concerning communion.
2. How can you become more full of faith when receiving Jesus body and blood.
3. Do you have expectant hope connected with communion?
4. How is the real and tangible Presence of Jesus Christ found in the midst of communion?
5. Discuss this statement -In the early church mass or communion was emphasized at the expense of other forms of worship like preaching or singing yet in the western church it has lost much of its sacred value and mystery. Communion is often overshadowed by other things. How do we as the people of God make Christ Himself the most important part of our worship.