

The Bread and The Cup

Is it Just a Church Ritual?

1 Corinthians 11:27-30 KJV

27 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.

28 But let a man examine himself, and so let him eat of that bread, and drink of that cup.

29 For he that eateth and drinketh unworthily, eateth and drinketh damnation to himself, not discerning the Lord's body.

30 For this cause many are weak and sickly among you, and many sleep.

Introduction: There is a time in the life of those of us who profess Christ, when we must shift from the infancy, fallacy and mediocrity of religion laced and organizational church based ideological persuasions, that are established upon that which was passed on to us. It is so easy to get drawn into, and become aligned to, things that are really unhealthy alliances, that do more harm than good. I have always known that what I had been shown as it relates to God and His Church and His people, was basically painted over versions of truth, that was being manipulated by power sources that were of more self and human interest, than God and spiritual interest. The Body of Christ is just that, the body of Christ, not the body of man. Whenever a body is not managed appropriately, that body will have malfunctions that will hinder that body from performing at its best. I need everyone who will hear this message and read these notes, to

give serious attention to the truth that I am about unfold to you, regarding the Lords Body and His Blood.

I cannot allow on my apostolic and prophetic watch, for there to be any continuum of misaligned and misconceptions, that rule the doctrinal base of our Christian Community. Truth and revelation must rule here, not preferential desires and traditional ritualistic cadences that dictate how we move. This is God's house, and we are God's Children, bought and paid for by the redeeming blood of the Lamb of God, Jesus Christ our Savior and Lord. I owe it to God, to bend my ear more towards His voice, so that I can hear clearly everything that I need to hear so that I can build this community, called The Bethel Church into a viable force of spiritual power and unbreakable influence, in the natural and spiritual realms. This is not play time children, we must be about our Fathers business.

Let me make this very clear, and I need you to hear me on this. The Church and the Believers who make up the church, are misinformed about many of the things of God. Too many of you are waiting on confirmations, breakthroughs, blessings and favor. Many of you are filled with hopeful anticipation when what you are missing is the revelation that most of what you're waiting on and waiting for, you already have. The greatest spiritual devastation to a body of believers, is the absence of the activation of biblical revelation and knowledge. So lets's dive into and dig through some religious trends and uncover the truth that has already set you free, but for decades you've been walking and living beneath the power of your covenant right. At the end of this message today, this is what I want everyone of you listening to me today to leave knowing, believing and declaring these three words; **IT'S ALREADY DONE!!**

When you know that something is already done, you should already be rejoicing in advance and ahead of the physical manifestation.

The Unspoken Revelation

29 For he that eateth and drinketh unworthily, eateth and drinketh damnation to himself, not discerning the Lord's body.

- **Unworthily: (ANAXIOS) - to treat as a common meal.**

Paul is not speaking of moral failure in this text, but a failure of revelation.

- **Not discerning: not recognizing, not understanding, not grasping the covenant meaning behind what you hold in your hands.**

The early church new this and they treated Communion with reverence because they saw it as the release point of divine strength. They saw the bread as contact with Christ's body given for them. They saw the cup as the point of contact with the new covenant, sealed with His blood. They understood what many believers today have forgotten:

There is so much misinterpreted moral application that religion inflicts upon believers, leaving you with this guilty complex that ends up blurring the lines of your connection to Christ and His anointing. You're too busy trying to be worthy, because religion has caused you to not see your value. Therefore, you've been trying to gain your way, pain your way and earn your way into what is actually already yours, but religion which is one the devils many play cards, has kept you in bondage. The revelation of the bread and the cup is going to change your life.

- **The Lord's Supper is not a memorial of death but a celebration of victory.**

The bread is not merely bread. It represents the physical body of Jesus Christ, bruised, broken and offered for our healing.

Isaiah 53:5 declares, "With His stripes we are healed." Peter echoes with sentiment in 1 Peter 2:24, By whose stripes ye were healed."

These are not just poetic statements, they are legal declarations. The whipping post was the place where our sicknesses were carried. The cross was the place where our sins were borne. When we hold the bread, we hold the finished work of physical redemption. The moment we accept what His body accomplished, we step out of the realm of hope and into the realm of the facts and truth.

"Communion is not hoping for healing; Communion is participating in healing."

The cup is not merely juice. It represents the blood of Christ that removed our sins, erased our guilt, silenced the accuser, and inaugurated the new covenant. **Hebrews 9:12, says, "By His own blood he entered in once into the holy place, having obtained eternal redemption for us."**

Obtained: Completed, secured, settled forever.

When we drink the cup, we are not asking for forgiveness, we are acknowledging the forgiveness already purchased. We are declaring that nothing stands between us and the Father. We are reminding ourselves of a righteousness that is not earned but received, not achieved but imparted. But here's where the shocking truth emerges.

30 For this cause many are weak and sickly among you, and many sleep.

For this cause: He does not say because of sin. He does not say because God is judging His people. He does not say because of disobedience. He says because of one reason: **“Not discerning the Lord’s body.”** Weakness, sickness, and premature death entered because believers did not fully understand what Communion was designed to release. They treated the bread as common. They treated the cup as symbolic. They treated Communion as ritual instead of covenant. And when this happened, the enemy capitalized on their ignorance. Communion is not dangerous because God punishes those who take it lightly. Communion is dangerous because the believer who receives it without revelation forfeits the power it carries.

Paul was not warning the church away from Communion. he was calling them into revelation. He was urging them to see what heaven sees, not what earth has falsely imagined. Paul was inviting them to approach the table with faith, confidence, and expectancy. The table of the Lord is not a place of fear; it is a place of life. This is the shocking truth that no one preaches.

“Communion is one of the most powerful healing ordinances in the entire Christian life.”

The bread is God’s healing medicine. The cup is God’s righteousness applied. When taken in revelation knowledge, Communion enforces healing in our body and strength in our inner man. When taken with understanding, it becomes a channel of divine life. When taken with faith, it releases resurrection power into our physical frame.

“The Lord’s table is the place where the life of God is ministered to the believer .”

Communion is not passive. It is active. It is the believer taking hold of Christ’s sacrifice and applying it to his or her own life. It is the believer participating in the exchange that took place at Calvary, His body for our healing, His blood for our righteousness.

“Communion is covenant participation, not covenant remembrance.”

“Communion is the believer accepting the ruling of heaven and declaring, **I accept the judgement passed at Calvary. I accept the life given to me through Christ.**”

When we hold the bread and the cup, we are holding legal evidence. Communion is also deeply personal. The bread touches our body. The cup touches our lips. It is a covenant that enters us, nourishes us, strengthens us, and aligns us with the finish works of Christ.

John 6:53

Except ye eat the the flesh of the Son of man, and drink His blood, ye have no life in you.

He was not talking about some physical flesh and blood, He was speaking of receiving Him completely, His life, His sacrifice, His nature, and His covenant. Communion is the physical expression of that reality. But herein lies another reason why so many have missed the truth. Communion is not taken to get God’s attention, it is taken to align our attention with his truth. It is not taken to get God to move, it is taken for us to remind ourselves that God has already moved. It is not taken to earn healing, but it is taken to enforce healing.

“Communion is the believer stepping into agreement with what Christ’s body and blood already accomplished.”

How to Approach every moment of Communion

The Revelation of Truth: The bread and the cup are not meant to be approached with solemn sadness but with covenant joy.

Luke 22:19 KJV

And he took bread, and gave thanks, and brake it, and gave unto them, saying, This is my body which is given for you: this do in remembrance of me.

Remembrance is recognition, it is recognizing the victory, not the suffering. It is recognizing the triumph, not the tragedy of the pain endured. It is recognizing what the glory releases through the cross. not the agony required to get there. Communion is not a funeral, Communion is a victory meal. It is the believer sitting at a table where everything Christ purchased is served freely. It is the believer receiving what Christ paid for. It is the believer declaring, His body healed me, His blood made me righteous, His sacrifice made me whole. When we approach Communion with this understanding, everything changes. The life of God flows through Communion because Communion is the believers point of contact with the finished works of Christ. It is not mystical, it is covenantal. It is not emotional, it is legal. It is not symbolic, it is participatory.

1 Corinthians 10:16

The cup of blessing which we bless, is it not the communion of the blood of Christ? The bread which we break, is it not the communion of the body of Christ?

Communion means participation, sharing, fellowship. When we take the cup, we are participating in everything His blood accomplished. When we take the bread, we are participating in everything that His body secured. This is why the early church treated Communion as a source of power. They did not take it occasionally, they did not take it casually.

Acts 2:46

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,

They saw Communion as nourishment for their bodies, strength for their souls, and alignment for their spirits. They understood that the covenant had to be applied, not merely believed. They knew that revelation becomes reality only when embraced actively. That is why they walked in such vitality and spiritual authority.

“Communion releases what the cross provided, the moment faith meets covenant.”

The moment we take the bread with understanding, we are declaring that the body of Jesus bore our infirmities.

Matthew 8:16-17

16 When the even was come, they brought unto him many that were possessed with devils: and he cast out the spirits with his word, and healed all that were sick:

17 That it might be fulfilled which was spoken by Esaias the prophet, saying, Himself took our infirmities, and bare our sicknesses.

- **Took means, removed.**
- **Bare means carried away.**

Every time a believer takes Communion, the believer is saying, "If He carried it, it cannot remain on me." The bread becomes the application of that truth to our physical bodies. The cup is the application of righteousness to our inner man. It declares that everything that the blood accomplished is now active in me. It silences guilt, it strengthens faith, it restores confidence before God.

Hebrews 10:22

Let us draw near with a true heart in full assurance of faith, having our hearts sprinkled from an evil conscience, and our bodies washed with pure water.

The blood cleanses our conscience so completely that we stand before God without fear, without shame, without hesitation. When we take the cup, we remind our soul that we are fully forgiven and fully righteous. But it gets deeper in truth; Communion is not only a reminder of what Christ did, it is application. It is not only acknowledgment, it is activation. Every covenant that God made required a physical sign. **The rainbow for Noah, Circumcision for Abraham, blood on the doorposts for Israel.** Communion is the sign of the new covenant, but not on your skin or on your door. It is the sign taken into your body. This is why sickness cannot coexist peacefully with a believer who understands Communion. The body of Christ has already paid the price for our healing. The blood of

Christ has already secured our righteousness. Communion is the believer saying, "I accept the exchange. The body of Christ was given that our bodies might be free. The blood of Christ was shed that our spirits might be free." **That's why we pray over our food, because the mouth is the entry and exit point to sickness and blessings.**

"Communion enforces our freedom"

We must take Communion with a confident resolve, not as weaklings, not fearfully, but boldly. Communion is not a moment of hoping that God will move, this is a moment for acting on the truth that He has already moved. Every time we take Communion with revelation, we are strengthening our inner man. We are nourishing our faith and stabilizing our confession. We are renewing our mind, which is a daily necessity. Also there is a more profound thing happening in the unseen realm. The enemy loses his ability to make influential accusations against us because the blood of Jesus declares that we are righteous. The enemy also loses his foothold in our bodies because the blood declares that we are healed. Communion dismantles the footholds the enemy attempts to build.

This is why Paul writes this in **1 Corinthians 11:26.**

For as often as ye eat this bread, and drink this cup, ye do shew the Lord's death till he come.

Shew: Proclaims, announce, declare openly.

Communion is not silent, Communion is a proclamation: When we partake of it, we are declaring into the spiritual realm the victory of the cross. We are announcing to heaven and hell that the covenant is intact. We are testifying that the sacrifice stands forever. We are

declaring that Christ's death still speaks , and His resurrection still empowers. Communion is an act of agreement. Agreement with the body that was given. Agreement with the blood that was shed. Agreement with the covenant that is sealed. And where ever agreement with God's word exists, power flows instantly. This is why believers throughout centuries have testified of healings during Communion. They did not receive communion because of emotions, but they received it because of covenant.

The moment that their hearts align with truth, their bodies responded. Communion carries a sacred seriousness, but it's not a seriousness of fear, it is a seriousness of faith. It is not somber, it is holy. It is not sorrowful, it is victorious. Jesus did not establish Communion to remind us of suffering but to remind us of triumph. He said, this is my body, this is my blood, not as a lament, but a declaration of a completed work. Every time we partake of it, we align with that declaration. But here is another truth that is rarely ever spoken of regarding Communion.

Communion is Spiritual Warfare: Not warfare with noise or emotion, but warfare with covenant authority. When we take the bread, we are resisting sickness and disease. When we take the cup, we are resisting condemnation. When we partake, we are pushing back darkness with the light of revelation power. The enemy understands this, that is why he works to keep Communion shallow, symbolic, and sentimental. He fears believers who take Communion with understanding because, we become unshakeable. A believer who discerns the body becomes confident in healing. A believer who discerns the blood becomes confident in righteousness.

A believer who discerns the covenant becomes confident in authority. Communion is the training ground for victorious living, it recalibrates our soul. It strengthens our body and awakens our spirit.

It centers our faith, it brings us into alignment with Christ. And there is even a deeper dimension still; Communion is not taken alone; when we partake, heaven participates. When we stand in agreement with the finished work of Christ, all of heaven stands in agreement with us. The covenant was ratified in the presence of God, and every time we partake, we step into that divine agreement again. We stand in the presence of the One who purchased us, we stand in the presence of One whose blood speaks better things. We stand in the presence of the One whose body bore our sicknesses.

Communion places us in the atmosphere of covenant reality: This is why the moment we take Communion with revelation, spiritual clarity rises, confusion lifts, strength returns, and peace fills our hearts. The Spirit of God gives witness to truth, the moment that truth is acted upon. And the enemy cannot operate where truth is active; he thrives in ignorance, not revelation. He thrives in confusion, not clarity. He thrives in tradition, not covenant. Communion is the believers act of stepping into truth so fully that the enemy loses influence. And as this reality becomes part of our daily walk, we begin to see something extraordinary: Heaven responds to believers who act on covenant. Heaven moves when the covenant is honored. Heaven backs those who enforce what Christ has purchased.

Communion is one of the highest expressions of covenant enforcement because it touches your spirit, your soul, and your body. Every time we hold the bread, we are reminding the enemy that healing is legal. Every time we hold the cup, we are reminding him that righteousness is settled. Every time we partake, we are reminding ourselves that the cross was successful. Communion anchors us in victory, and opens the door to another revelation, one that connects directly to how heaven responds when a believer acts in faith. A revelation that explains why help arrives more quickly than we think. A revelation about what God has already assigned to assist us in our

daily walk, in our prayers, in our battles and in our covenant enforcement. It is a truth many overlook, yet Scripture speaks of it clearly and repeatedly. Once we see it, we will walk with a confidence that few believers ever experience.