



# Staying Connected Through Holy Communion

**“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” (Luke 22:19).**

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“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: **24** 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. **25** 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. **26** For as often as ye eat this bread, and drink this cup, ye do shew the Lord's death till he come. **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. **31** For if we would judge ourselves, we should not be judged. **32** But when we are judged, we are chastened of the Lord, that we should not be condemned with the world. **33** Wherefore, my brethren, when ye come together to eat, tarry one for another. **34** And if any man hunger, let him eat at home; that ye come not together unto condemnation” (I Corinthians 11:23-34).

Christ did not write a book nor erected a monument, but instituted the Lord's supper (a practice among the living!) for His remembrance - a poignant message that communion is a life giving force for the Spiritually alive and not a dead religious ritual for formality. We learn from this ordinance that:

- (1) The Holy Communion is a living practice that is to be handed down to future generations in the manner we received it (vs. 23).
- (2) Communion is a covenant based ordinance

**“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?” (I Corinthian 10:16).**



for all of Christ's followers (vs.24-26) and not just a select few. It is aimed at keeping believers in touch with their saviour and His children (vs. 33; Luke 22:19). Smith Wigglesworth took Holy Communion daily to renew his connection with Christ.

- (3) The essence of Holy Communion is to keep the Body of Christ communing live (vs. 24-25; I Corinthian 10:16).
- (4) Communion enables believers to stay connected with the 'big picture' of God's eternal plan and purpose till Christ comes (vs. 26). Participation implies a renewal of the covenant to continually show forth Christ's death till He comes, and live righteously in expectation of His return.
- (5) Loss of connectivity destroys discernment of the Lord's body (Acts 9:4,5), renders one unworthy and incur divine judgment (vs. 27,29). This should serve as a warning that Holy Communion must not be approached carelessly or with a carefree attitude as if it were a mere religious ceremony or ritual. The difference between the two is like the difference between touching a dead and live wire with a naked hand.
- (6) Self examination is the means of personal re-assessment (MoT) to reconnect and stay continually connected - thereby escaping divine judgment (vs. 28, 32,33).
- (7) Holy Communion is intended for blessings, not condemnation. The penalty for disconnection only illustrates the significance of the ordinance (vs. 30, 34).