

Holy Communion - The Lord's Table Exercise (Releasing God's Power)

Overview: Communion is remembering, re-enacting, establishing and releasing the power of the Last Supper in our lives.

(1) Communion in the Old Testament

Abraham and Melchizedek.

- Gen 14:18 And Melchizedek king of Salem brought forth _____ and _____: and he [was] the priest of the most high God.

The Passover Lamb.

- Exo 11:10 And Moses and Aaron did all these wonders before Pharaoh: and the LORD hardened Pharaoh's heart, so that he would not let the children of Israel go out of his land.
- Exo 12:1 And the LORD spake unto Moses and Aaron in the land of Egypt, saying,
- Exo 12:2 This month [shall be] unto you the beginning of months: it [shall be] the first month of the year to you.
- Exo 12:3 Speak ye unto all the congregation of Israel, saying, In the tenth [day] of this month they shall take to them every man a _____, according to the house of [their] fathers, a lamb for an house:
- Exo 12:4 And if the household be too little for the lamb, let him and his neighbour next unto his house take [it] according to the number of the souls; every man according to his eating shall make your count for the lamb.
- Exo 12:5 Your lamb shall be without _____, a male of the first year: ye shall take [it] out from the sheep, or from the goats:
- Exo 12:6 And ye shall keep it up until the _____ day of the same month: and the whole assembly of the congregation of Israel shall _____ it in the evening.
- Exo 12:7 And they shall take of the _____, and strike [it] on the two side posts and on the upper door post of the houses, wherein they shall eat it.
- Exo 12:8 And they shall _____ the _____ in that night, roast with fire, and unleavened bread; [and] with bitter [herbs] they shall eat it.
- Exo 12:9 Eat not of it raw, nor sodden at all with water, but roast [with] fire; his head with his legs, and with the purtenance thereof. **Note:** all of the entire lamb.
- Exo 12:10 And ye shall let _____ of it remain until the morning; and that which remaineth of it until the morning ye shall burn with fire.
- Exo 12:11 And thus shall ye eat it; [with] your loins girded, your shoes on your feet, and your staff in your hand; and ye shall eat it in haste: it [is] the LORD'S _____.
- Exo 12:12 For I will pass through the land of Egypt this night, and will smite all the firstborn in the land of Egypt, both man and beast; and against all the gods of Egypt I will execute judgment: I [am] the LORD.
- Exo 12:13 And the _____ shall be to you for a token upon the houses where ye [are]: and when I see the _____, I will pass over you, and the plague shall not be upon you to _____ [you], when I smite the land of Egypt.

- Exo 12:14 And this day shall be unto you for a memorial; and ye shall keep it a feast to the LORD throughout your generations; ye shall keep it a feast by an ordinance for ever.

(2) Communion in the New Testament – The Last Supper

- Mat 26:26 And as they were eating, Jesus took _____, and blessed [it], and brake [it], and gave [it] to the disciples, and said, Take, eat; this is my _____.
- Mat 26:27 And he took the cup, and gave thanks, and gave [it] to them, saying, Drink ye all of it;
- Mat 26:28 For this is my _____ of the new testament, which is shed for many for the _____ of sins.
- Mat 26:29 But I say unto you, I will not drink henceforth of this fruit of the vine, until that day when I drink it new with you in my _____ kingdom.
- Mar 14:22 And as they did eat, Jesus took bread, and blessed, and brake [it], and gave to them, and said, Take, eat: _____ is my body.
- Mar 14:23 And he took the cup, and when he had given thanks, he gave [it] to them: and they all drank of it.
- Mar 14:24 And he said unto them, this is my blood of the new testament, which is shed for many.
- Mar 14:25 Verily I say unto you, I will drink no more of the fruit of the vine, until that day that I drink it new in the kingdom of _____.
- Luk 22:15 And he said unto them, With desire I have _____ to eat this passover with you before I suffer:
- Luk 22:16 For I say unto you, I will not any more eat thereof, until it be _____ in the kingdom of God.
- Luk 22:17 And he took the cup, and gave thanks, and said, Take this, and divide [it] among yourselves:
- Luk 22:18 For I say unto you, I will not drink of the fruit of the vine, until the kingdom of God shall come.
- Luk 22:19 And he took bread, and gave thanks, and brake [it], and gave unto them, saying, This is my _____ which is given for you: _____ do in remembrance of me.
- Luk 22:20 Likewise also the cup after supper, saying, This cup [is] the new testament in my blood, which is shed for you.

(3) Communion Today

- Luk 10:9 And heal the sick that are therein, and say unto them, The kingdom of God is come _____ unto you.
- Luk 17:21 Neither shall they say, Lo here! or, lo there! for, behold, the kingdom of God is _____ you.
- Jas 5:16 _____ [your] faults one to another, and pray one for another, that ye may be _____. The effectual fervent prayer of a righteous man availeth much.
- 1Co 11:31 For if we would judge _____, we should not be judged.
- 1Co 11:32 But when we are judged, we are chastened of the Lord, that we should not be condemned with the world.
- Mat 6:9 After this manner therefore pray ye: Our Father which art in heaven, Hallowed be thy name.
- Mat 6:10 Thy kingdom come. Thy will be done in earth, as [it is] in heaven.

- Mat 6:11 Give us this day our daily bread.
- Mat 6:12 And forgive us our debts, as we forgive our debtors.
- Mat 6:13 And lead us not into temptation, but deliver us from evil: For thine is the kingdom, and the power, and the glory, for ever. Amen.
- Mat 6:14 For if ye _____ men their trespasses, your heavenly Father will also forgive you:
- Mat 6:15 But if ye forgive _____ men their trespasses, _____ will your Father forgive your trespasses.
- 1Jn 1:9 If we confess our sins, he is _____ and _____ to forgive us [our] sins, and to cleanse us from all unrighteousness.

(Take Communion now with these instructions.)

Receive His Body by reading this verse aloud.

- 1Co 11:24 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.

Receive His Blood by reading this verse aloud.

- 1Co 11:25 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. (Make a habit of taking communion on a daily basis by yourself or with a partner.)
- 1Co 11:26 For as often as ye eat this bread, and drink this cup, ye do _____ the Lord's death till he come.
- 1Co 11:27 Wherefore whosoever shall eat this bread, and drink [this] cup of the Lord, _____, shall be guilty of the body and blood of the Lord.
- 1Co 11:28 But let a man _____ himself, and so let him eat of [that] bread, and drink of [that] cup.
- 1Co 11:29 For he that eateth and drinketh **unworthily**, eateth and drinketh damnation to himself, not _____ the Lord's body.
- 1Co 11:30 For this cause _____ [are] weak and sickly among you, and many sleep.

Note: Unworthily refers to the manner and understanding of communion, not your personal holiness (though it is recommended to confess your sins before receiving communion).

- Isa 53:4 (AMP) Surely he hath borne our griefs (sicknesses, weaknesses, and distresses) and carried our sorrows and pains [of punishment], yet we [ignorantly] considered Him stricken, smitten and afflicted of God (as if with leprosy).
- Isa 53:5 (AMP) But he was wounded for our transgressions, He was bruised for our guilt and iniquities: the chastisement [needful to obtain] peace and well-being for us was upon him; and with the stripes [that wounded] Him we are healed and made whole.
- Mat 8:16 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:
- Mat 8:17 That it might be fulfilled which was spoken by Esaias the prophet, saying, Himself took our _____, and bare [our] _____.
- 1Pe 2:24 Who his own self bare our sins in his own body on the tree, that we, being dead to sins, should live unto righteousness: by whose _____ ye were healed.

Suggestion: Receive Communion frequently, at least once per day.