

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

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

### **A. Communion in the Old Testament**

- |                           |                       |
|---------------------------|-----------------------|
| 1. Abram and Melchizedek. | Gen 14:18             |
| 2. The Passover Lamb.     | Exodus 11:10 to 12:13 |

### **B. Communion in the New Testament – The Last Supper**

- |   |               |
|---|---------------|
| 1. Looking ahead to His Father's Kingdom. | Matt 26:26-29 |
| 2. Looking ahead to the Kingdom of God.   | Mark 14:22-25 |
| 3. When the Kingdom of God shall come.    | Luke 22:15-20 |

### **C. Communion Today**

- |   |                                 |
|---|---------------------------------|
| 1. The Kingdom of God has come: nigh us or in us. | Luke 10:9; 17:21 <b>(Power)</b> |
| 2. Confess your sins before you start Communion.  |                                 |
| a. Confess your sins that you might be healed.    | James 5:16                      |
| b. Judge yourself that you might not be judged.   | 1 Cor 11:31-32                  |
| c. Forgive all others.                            | Matt 6: 9-15 <b>(Power)</b>     |
| d. Receive your forgiveness.                      | 1 John 1:9                      |
| 3. Receive His Body by reading this verse aloud.  | 1 Cor 11:24 <b>(Power)</b>      |
| Some examples of what you can use are:            |                                 |
| a. Unleavened bread: wafers, matzo.               |                                 |
| b. Bread or tortilla or pita.                     |                                 |
| c. Cracker.                                       |                                 |
| d. Nothing but simply receiving by faith.         |                                 |
| 4. Receive His Blood by reading this verse aloud. | 1 Cor 11:25 <b>(Power)</b>      |
| Some examples of what you can use are:            |                                 |
| a. Wine   |                                 |
| b. Grape juice                                    |                                 |
| c. Juice  |                                 |
| d. Water  |                                 |
| e. Nothing but simply receiving by faith.         |                                 |
| 5. Eat worthily to avoid sickness and death.      | 1 Cor 11:26-30 <b>(Power)</b>   |
| a. Jesus bore our sicknesses and diseases.        | Isaiah 53:4-5 Ampl              |
| b. Jesus bore our infirmities and sicknesses .    | Matt 8:17                       |
| c. Healed by the stripes (wounds) on His back.    | 1 Peter 2:24                    |

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