

FAITH MAKES IT BENEFICIAL TO US

We draw strength from the Lord when we observe the ordinance in faith. There is cleansing for us through His precious blood, as symbolized by the cup, and there is healing through His broken body, which is symbolized by the bread.

The Bible says that by His stripes we are healed (Isaiah 53:5; 1 Peter 2:24). We can receive healing physically and emotionally, as well as spiritually, if we appropriate it by faith at the Lord's Table.

QUESTIONS

Do you partake of Holy Communion when it is served? Are you learning to receive benefits by exercising faith at the Lord's Table?

Are you developing a loving, caring relationship with other Christians? Are you looking forward to Christ's return?

Scriptures are taken from the King James Version of the Bible.

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1445 N. Boonville Ave.,
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NOW THAT I'M A CHRISTIAN

I Should

Take
Communion

Now that I'm a Christian, I should take Communion. It helps to remind me of Christ's suffering, death, and resurrection for me, and also of His return. Before participating in this sacred ordinance, I must examine myself through prayer and recognize the Lord's body.

WHAT IS HOLY COMMUNION?

Often called the Lord's Supper or the Table of the Lord, Communion is an important ordinance of the church. In fact, Christ commanded all believers to observe it. "This do in remembrance of me," He said (1 Corinthians 11:24). It is not optional.

The ordinance is a memorial of His suffering and death. It also is a symbol expressing our sharing the divine nature of our Lord Jesus (2 Peter 1:4), and a prophecy of His second coming (1 Corinthians 11:26).

THE SCRIPTURAL SETTING

We read that on the night in which He was betrayed, the Lord Jesus "took bread, and blessed it, and brake it, and gave it to the disciples, and said, Take, eat; this is my body. And he took the cup, and gave thanks, and gave it to them saying, Drink ye all of it; for this is my blood of the new testament, which is shed for many for the remission of sins" (Matthew 26:26–28).

Years later, the apostle Paul rehearsed this sacred event (1 Corinthians 11:17–34) and gave us guidelines for observing the Lord's Supper in a meaningful way.

FIRST WE SHOULD EXAMINE OURSELVES

Before we partake of the Communion, we should examine our heart and life. This does not mean

condemning ourselves. It simply means we must be sure there is nothing between our soul and the Savior. Communion is an opportunity to make everything right with God.

At the same time, we should make sure we do not harbor resentment or other ill feeling toward a fellow Christian. We must be forgiving toward others if we expect God to forgive us.

WE SHOULD DISCERN THE LORD'S BODY

The Bible says that if we eat the bread and drink the cup in an unworthy manner, we are eating and drinking judgment on ourselves, because we are failing to discern or recognize the Lord's body (1 Corinthians 11:29). The Church is His body. Christ is the Head and we are the members. Verses 28 to 32 show the importance of maintaining the right relationship to Him and to the other members of the Body.

God does not want us to be condemned with the unbelieving world (verse 32). We are to discern that there are deep differences between believers and unbelievers. Therefore, when we come to His table we should be sure we truly love Him and love our fellow Christians also.

COMMUNION HELPS US TO WITNESS

By partaking of Communion, we show the Savior that we trust Him and are grateful for salvation. At the same time, we testify before men that our faith is in the living Christ, and that we expect Him to come again.