



I. REVIEW/INTRO

- A. The Bible uses natural things to help us understand spiritual truths
- B. We experience life on three levels

1 Thessalonians 5:23 (NKJV) Now may the God of peace Himself sanctify you completely; and may your whole spirit, soul, and body be preserved blameless at the coming of our Lord Jesus Christ.

- You are a spiritual being, who has a soul and you currently live in a body
- Premise: There's nothing wrong with any of you that the right spiritual diet can't fix

Jeremiah 15:16 (NKJV) Your words were found, and I ate them, and Your word was to me the joy and rejoicing of my heart; For I am called by Your name, O Lord God of hosts.

- C. Learning to eat the food of redemption

John 6:35 (NKJV) And Jesus said to them, "I am the bread of life. He who comes to Me shall never hunger, and he who believes in Me shall never thirst.

John 6:53, 63 (NKJV) ⁵³ Then Jesus said to them, "Most assuredly, I say to you, unless you eat the flesh of the Son of Man and drink His blood, you have no life in you... ⁶³ It is the Spirit who gives life; the flesh profits nothing. The words that I speak to you are spirit, and they are life.

II. COMMUNION

- A. Paul was writing to teach and correct the believers about the Lords Supper

1 Corinthians 11:17 (TPT) Now, on this next matter, I wish I could commend you, but I cannot, because when you meet together as a church family it is doing more harm than good!

1 Corinthians 11:20-21 (TPT) ²⁰ When all of *your house churches* gather as one church family, you are not really properly celebrating the Lord's Supper. ²¹ For when it comes time to eat, some gobble down their food before anything is given to others—one is left hungry while others become drunk!

- He issues a warning...

1 Corinthians 11:29-30 (TPT) ²⁹ For continually eating and drinking with a wrong spirit will bring judgment upon yourself by not recognizing the body. ³⁰ This insensitivity is why many of you are weak, chronically ill, and some even dying.

- He wanted them to know that what he was going to teach them came from Jesus Himself

1 Corinthians 11:23a (TPT) I have handed down to you what came to me by direct revelation from the Lord himself...

- B. In remembrance of me



1 Corinthians 11:23-26 (NKJV) ²³ For I received from the Lord that which I also delivered to you: that the Lord Jesus on the *same* night in which He was betrayed took bread; ²⁴ and when He had given thanks, He broke *it* and said, “Take, eat; this is My body which is broken for you; do this in remembrance of Me.” ²⁵ In the same manner He also took the cup after supper, saying, “This cup is the new covenant in My blood. This do, as often as you drink *it*, in remembrance of Me.” ²⁶ For as often as you eat this bread and drink this cup, you proclaim the Lord’s death till He comes.

- Communion is about...
 - The cup
 - The bread
 - Remembering Him in His death
- Jesus wanted them to understand the why behind the what

Exodus 12:6-8 (TLB) ⁶ “On the evening of the fourteenth day of this month, all these lambs shall be killed, ⁷ and their blood shall be placed on the two side-frames of the door of every home and on the panel above the door. Use the blood of the lamb eaten in that home. ⁸ Everyone shall eat roast lamb that night, with unleavened bread and bitter herbs.

- Every family needed a lamb – a picture of Jesus – and do three things. Kill the lamb, put its blood over the doors of their homes and then eat the lamb

Exodus 12:12-13 (TLB) ¹² For I will pass through the land of Egypt tonight and kill all the oldest sons and firstborn male animals in all the land of Egypt, and execute judgment upon all the gods of Egypt—for I am Jehovah. ¹³ The blood you have placed on the doorposts will be proof that you obey me, and when I see the blood I will pass over you and I will not destroy your firstborn children when I smite the land of Egypt.

- Death visited every house. The death of the lamb was a substitutionary death

C. The Bread

- This is my body broken for you

Isaiah 53:4-5 (NKJV) ⁴ Surely, He has borne our griefs and carried our sorrows; Yet we esteemed Him stricken, smitten by God, and afflicted. ⁵ But He was wounded for our transgressions, He was bruised for our iniquities; The chastisement for our peace was upon Him, and by His stripes we are healed.

Matthew 8:17 (NKJV) that it might be fulfilled which was spoken by Isaiah the prophet, saying: “He Himself took our infirmities and bore *our* sicknesses.”

1 Peter 2:24 (NKJV) who Himself bore our sins in His own body on the tree, that we, having died to sins, might live for righteousness—by whose stripes you were healed.

D. The Cup

- A new and better covenant



Hebrews 10:1 (NLT) The old system under the law of Moses was only a shadow, a dim preview of the good things to come, not the good things themselves. The sacrifices under that system were repeated again and again, year after year, but they were never able to provide perfect cleansing for those who came to worship.

Hebrews 10:11-12 (NLT) ¹¹ Under the old covenant, the priest stands and ministers before the altar day after day, offering the same sacrifices again and again, which can never take away sins. ¹² But our High Priest offered himself to God as a single sacrifice for sins, good for all time. Then he sat down in the place of honor at God's right hand.

III. THE BLESSING

A. Receiving communion

1 Corinthians 10:16 (TLB) When we ask the Lord's blessing upon our drinking from the cup of wine at the Lord's Table, this means, doesn't it, that all who drink it are sharing together the blessing of Christ's blood? And when we break off pieces of the bread from the loaf to eat there together, this shows that we are sharing together in the benefits of his body.

Psalm 103:2-5 (NKJV) Bless the Lord, O my soul, and forget not all His benefits: ³ Who forgives all your iniquities, Who heals all your diseases, ⁴ Who redeems your life from destruction, Who crowns you with lovingkindness and tender mercies, ⁵ Who satisfies your mouth with good *things*, so *that* your youth is renewed like the eagle's.

1 Corinthians 11:27-30 (NKJV) ²⁷ Therefore whoever eats this bread or drinks *this* cup of the Lord in an unworthy manner will be guilty of the body and blood of the Lord. ²⁸ But let a man examine himself, and so let him eat of the bread and drink of the cup. ²⁹ For he who eats and drinks in an unworthy manner eats and drinks judgment to himself, not discerning the Lord's body. ³⁰ For this reason many *are* weak and sick among you, and many sleep.