

# THE LORD'S SUPPER

(Booklet)

Christians look back to the crucifixion and resurrection of Jesus as the defining moment in our history. This is how we escape death and the slavery of sin, and this is how we are freed to serve the Lord. The Lord's Supper is a memorial of this defining moment in our history.

The Lord's Supper also paints an accurate picture of our present relationship with Jesus Christ. The crucifixion has a continuing significance to all who have taken up the Cross to follow Jesus. We continue to participate in His death, because we participate in his life. Galatians 2:20: *I have been crucified with Christ and I no longer live, but Christ lives in me. The life I live in the body, I live by faith in the Son of God, who loved me and gave himself for me.*

When you hold the bread in your hand, you are coming in touch with the greatest expression of His love. This love made Him endure the cruel stripes on His back and caused Him to subject His body to be beaten, bruised and broken so that yours can be whole. And when you partake, you celebrate and release your faith to receive His health and wholeness in exchange for your sicknesses and diseases.

When you drink the wine, you are reminded that the blood of the sinless Son of God did not just bring you forgiveness — it made you forever righteous, holy and blameless. So today, you have perfect standing before the Father and His ears are attentive to your softest sigh.

Yes, it is very important that we participate in the Holy Communion in a Church that we belonged to. Such a union draws us collectively in fellowshiping with our Lord and also with each other so that we comfort and strengthen each other in the faith.

But 1Corinthians.11:26 says: *For as often as you eat this bread and drink this cup, you proclaim the Lord's death till He comes.* This definitely implies that besides corporate gathering, the Lord's Supper can be celebrated in a home setting, even individually. The first Communion was conducted in a house and the Book of Acts has many instances that it was celebrated in believers' home, most probably where two or three are gathered in His name.

Another issue is the need for having an ordained minister to officiate. Well 1Peter. 2:9: *But you are a chosen people, a royal priesthood, a holy nation, a people belonging to God, that you may declare the praises of him who called you out of darkness into his wonderful light.* When the early Church

conducted Holy Communion, most of the Apostles then were not qualified according to the law to minister in the Temple. And yet the Lord used them to minister to people's needs with signs following. So when you are in a Church, the minister will be the celebrant and we must humbly honour that authority. But in a home setting and when you are celebrating it in a private and personal way, I believe that the believer can, with all sincerity of faith in the Lord who ordained this act of faith can partake by himself or even with his own friends or family.

However, while celebrating the Lord's Supper, do remember the command in 1Corinthians.11:27-30: *Therefore, whoever eats the bread or drinks the cup of the Lord in an unworthy manner will be guilty of sinning against the body and blood of the Lord. A man ought to examine himself before he eats of the bread and drinks of the cup. For anyone who eats and drinks without recognizing the body of the Lord eats and drinks judgment on himself. That is why many among you are weak and sick, and a number of you have fallen asleep.* This examining of ourselves does not imply that we keep on dwelling on our sins and mistakes, because that will only keep us condemned and feeling guilty. But rather that we humbly aligned ourselves with the finished work of the Lord at the Cross. Focus on His holy sacrifice for you in an intimate and personal way and

see yourself being cleansed and made the righteousness of God in Him. That is what Paul meant when he talked about recognizing the body of the Lord who sacrificed and paid all our debts. We remind ourselves that what we are doing will in no way make us any holier or more acceptable in front of the Father. He is completely satisfied and forever impressed by what our High Priest has already accomplished for us. That way we will not have any holier-than-thou attitude or spiritual pride of any kind that will degrade what the Lord has already completed for us. Our whole approach is one of honest humility and a sincere gratitude reminding us that we are indeed so blessed because of Jesus' sacrifice. When we approach the Table of the Lord we need to receive by faith not just the sacred elements but all that He has to offer: forgiveness of all our sins, healing and divine health, deliverance and joyful freedom, victory and vindication and a destiny with Him through all of eternity.

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I believe you are now ready for the Lord's Supper. Before you begin, say this prayer and mean it with all of your heart:

Father I thank you for my Saviour, Jesus Christ who paid the price for all of my sins, so that I can now come before Your Holy Presence, cleansed and acceptable, not because of what I can do but

because of His Holy Grace for me. I received all the manifestations of His sacrifice for me and I commit myself here and now, that I will live for Your Glory and the Coming Kingdom. All my sins are being washed away, all my infirmities and sicknesses are being healed. I am delivered and made whole and from this moment my life is a living testimony that I serve a Living Saviour who loves and provides for me. And all this has been accomplished because of the wounds and injuries that Jesus, my Lord bore for me. I am made complete in the power of His precious blood that makes me complete in Him. I am so thankful dear Father, I love You Lord Jesus Christ, precious Spirit of my Father anoint and strengthen me through this worship, Hallelujah! Amen!

As you are about to partake of the elements of the Lord's Supper that you must have prepared, and kept in front of you, dedicate them by praying (along these lines):

Lord and Giver of every good thing, I bring to you bread and wine for communion, my life, my all for your Kingdom, all for transformation through your Grace and Love, made known in Jesus Christ my Saviour. Amen.

After that prayer, read this portion from **1**  
**Corinthians 11. 23-26:**

*For I received from the Lord what I also handed on to you, that the Lord Jesus on the night when he was betrayed took a loaf of bread, 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."*

Now partake of the bread and you can say your usual prayer after partaking of it. I usually pray like this (it is just an idea but you can do it your own way): Lord, please give me strength of faith to receive this bread, a symbol of your love and sacrifice for me. I look unto You, Jesus for salvation, health, peace and abundance. I trust in what You have done. Make me whole in You, Amen.

Then after you have finished, turn to the cup and then read:

*In the same way he took the cup also, after supper, saying, 'This cup is the new covenant in my blood. Do this, as often as you drink it, in remembrance of me.' For as often as you eat this bread and drink the cup, you proclaim the Lord's death until he comes.*

Now drink of the cup and say your usual prayer. This is how I pray next (again just an idea): Precious Saviour, I believe Your holy blood washing me of all my sin and shame, healing me, delivering me and forging a destiny for me which is eternal in You. I surrender myself more completely and Lord, have

Your way in my life, so I can be Your blessing to others too. Amen.

Then solemnly with a heart of gratitude, you can read these lines:

My dear heavenly Father, in praise and thanksgiving, I make this memorial of the sacrifice of my Lord Jesus Christ for me. I proclaim His triumphant Resurrection, I celebrate my redemption through Him, and I look with joy to His coming soon in Glory.

My dear Lord Jesus Christ, in deep gratitude, I thank You because You offered me your life in the new birth; now I put my life in Your hands. Take me and remake me. Bless me with a hunger for justice and a thirst for peace. Journey with me and lead me on the way to Your Kingdom.

And the blessing of God Almighty, the Father, the Son and the Holy Spirit, rest with me, with all my loved ones and all believers always. Amen.

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(For further understanding, please read these Bible portions and ponder on every word so you can really enjoy His Grace and Passion for you:-

1Corinthians 10:16; John 6:53-56; Matthew 26:29;  
1Corinthians 11:26; Romans 6:4; Ephesians 2:6;  
Colossians 2:13, 20; 3:1)