

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 **(Power)**
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 **(Power)**
 - d. Receive your forgiveness. 1 John 1:9
3. Receive His Body by reading this verse aloud. 1 Cor 11:24 **(Power)**
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 **(Power)**
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 **(Power)**
 - 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.

ABC Healing School
Semester 1 Module 10
Holy Communion – The Lord’s Supper
Homework Assignments

1. Do all exercises as instructed (Fill in the Blanks, True or False, Matching, Unscramble the Jumbled Messages, etc.).
2. Begin taking communion at least once per day using 1 Corinthians 11:23-25 as a guide.

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.