

# S . W . E . E . P

## FOUNDATIONS

### Holy Communion (by Apostle Hennie Meyers)

#### **One of the four pillars of the New Testament Church**

*They devoted themselves to the apostles' teaching and to fellowship, to the breaking of bread and to prayer. (Acts 2:42 NIV)*

#### **Where does it come from?**

It is patently clear that the 'breaking of bread' or 'Holy Communion' played an important part in the everyday culture of the New Testament Church. Jesus Himself instituted this practice during what is known as the 'Last Supper'. We see Paul the apostle refer to this event in the following scripture:

*For I received from the Lord what I also passed on to you: The Lord Jesus, on the night he was betrayed, took bread, and when he had given thanks, he broke it and said, "This is my body, which is for you; do this in remembrance of me." In the same way, after supper he took the cup, saying, "This cup is the new covenant in my blood; do this, whenever you drink it, in remembrance of me." For whenever you eat this bread and drink this cup, you proclaim the Lord's death until he comes. (1 Corinthians 11:23-26 NIV)*

What is the significance of the communion and the reasons that Jesus entreated His disciples to do this in remembrance of Him?

Within the Holy Communion is the symbolism of all that Jesus the Christ did in order to restore the relationship between man and God. Understanding what Christ did and being reminded of the great significance of His death, burial and resurrection would constantly strengthen the church and enable her to walk in the fullness of the covenant entered into on behalf of mankind.

#### **The Bread, Representing the Body of Jesus**

*I am the living bread that came down from heaven. Whoever eats this bread will live forever. This bread is my flesh, which I will give for the life of the world." (John 6:51 NIV)*

The bread therefore is symbolic of His life, His body that would become a sacrifice on our behalf. His body was representative of mankind who because of sin needed to pay the penalty for sin (the wages of sin is death).

It represented one life that would be broken so that many could be saved.

This was the sacrifice required in order for a new covenant to be established. This would put an end to the requirements of the law in order to justify mankind. Because of this selfless act man would be restored in His ability to have fellowship with God.

The breaking of the bread with other believers signifies the fellowship within the Body of Christ and unity by the Holy Spirit.

*Because there is one loaf, we, who are many, are one body, for we all share the one loaf. (1 Corinthians 10:17 NIV)*

### **The Cup Representing the Blood of Jesus.**

*This is why even the first covenant was not put into effect without blood. (Hebrews 9:18 NIV)*

*But only the high priest entered the inner room, and that only once a year, and never without blood, which he offered for himself and for the sins the people had committed in ignorance. (Hebrews 9:7 NIV)*

The blood of a spotless lamb was the sacrifice of the old Covenant.

The blood is the cleansing agent

*and from Jesus Christ, who is the faithful witness, the firstborn from the dead, and the ruler of the kings of the earth. To him who loves us and has freed us from our sins by his blood, (Revelation 1:5 NIV)*

### **What must we remember?**

The blood is what redeemed us from sin.

*For you know that it was not with perishable things such as silver or gold that you were redeemed from the empty way of life handed down to you from your ancestors, but with the precious blood of Christ, a lamb without blemish or defect. (1 Peter 1:18, 19 NIV)*

When we partake of Holy Communion we are reminded of what Christ accomplished on our behalf.

*Christ redeemed us from the curse of the law by becoming a curse for us, for it is written: "Cursed is everyone who is hung on a pole." He redeemed us in order that the blessing given to Abraham might come to the Gentiles through Christ Jesus, so that by faith we might receive the promise of the Spirit. (Galatians 3:13, 14 NIV)*

He became a curse so that so that we could become blessed!

*God made him who had no sin to be sin for us, so that in him we might become the righteousness of God. (2 Corinthians 5:21 NIV)*

He became sin so that we may become righteous.

These are the things we need to remember every time we partake of the Lord's Supper.

**What does it mean to partake in an unworthy manner?**

*So then, 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. Everyone ought to examine themselves before they eat of the bread and drink from the cup. For those who eat and drink without discerning the body of Christ eat and drink judgment on themselves. That is why many among you are weak and sick, and a number of you have fallen asleep. (1 Corinthians 11:27-30 NIV)*

If we do not remember what Christ has done for us we will sometimes allow guilt and condemnation to cause us to forget the benefits of the New Covenant. This will bring us under the judgment of the law and this can result in death.