

## **Holy Communion**

Given to a believer at church as part of the service, or taken by him / her privately at home.

Begin by thanking God for everything you have, are, and are becoming in Christ.

Take a Communion wafer or small, square piece of bread, and say, as Christ did: "This is My body, which is for you; do this in remembrance of Me." Eat the Communion wafer or small, square piece of bread.

Then take a cup of Communion wine or juice (if you don't drink alcohol), and say, as Christ did: "This cup is the new covenant in My blood; do this, whenever you drink it, in remembrance of Me." Drink the Communion wine or juice.

Each time you eat the bread and drink the cup, you proclaim the Lord's death for you. You discern that the Lord's body was broken so that your body can be whole. You discern that His healthy body has borne your diseases and pains, so that your body can be well. So when you eat the bread, you say that by His stripes you are healed. When you drink the cup, you are drinking the life of Jesus which is in His blood.

1 Corinthians 11:26 "For as often as you eat this bread and drink this cup, you proclaim the Lord's death until He comes."