

Every time something is mentioned in the Bible for the first time, it is always significant. Do you know where you find the bread and the wine of the Communion mentioned together for the first time? In today's Scripture verse.

Who is Melchizedek? The Bible tells us that our Lord Jesus is "a priest forever according to the order of Melchizedek". (Hebrews 7:17) Melchizedek is a type of Christ. Melchizedek was the king of Salem, which means "peace", but Salem means much more than peace. It also means "complete, safe, perfect, whole, and full". Melchizedek met Abram in the Valley of Shaveh, or the King's Valley. (Genesis 14:17) The King's Valley is actually in the Kidron Valley. *Kidron* in Hebrew is from the word *qadar*, which means "darkness". Melchizedek wasn't the only person present with Abram. Bera, the king of Sodom, went out to meet Abram before Melchizedek arrived. (Genesis 14:2, 17) Bera's name in Hebrew means "son of evil".

When you are in a place of darkness, your Lord Jesus comes to you, bearing bread and wine. You might be asking: "Won't the Holy Communion become something legalistic that I have to do?" Not if you see yourself *receiving* the bread and the wine from the Lord Jesus Himself. The Holy Communion is not something that you do; you *receive* the Holy Communion just as Abram did. In your time of darkness, don't forget that the Lord has given you the Holy Communion as a tangible, practical way of remembering all He has done for you, and encountering His love. You don't need to handle the situation all by yourself. The Lord is with you, and He wants you to bring Him every fear and every worry. Talk to Him. Whenever you are afraid, read or sing the words from the psalms of David to strengthen yourself in the Lord. You will be filled with His strength as you meditate on, and worship Him, with these words from the psalmist: "You are my hiding place; You shall preserve me from trouble; You shall surround me with songs of deliverance . . . Whenever I am afraid, I will trust in You." Psalm 32:7; Psalm 56:3

Genesis 14:18-20 "Then Melchizedek king of Salem brought out bread and wine. He was priest of God Most High, and he blessed Abram, saying: "Blessed be Abram by God Most High, Creator of Heaven and Earth. Praise be to God Most High, who delivered your enemies into your hand." Then Abram gave him a tenth of everything."