

The Holy Communion is more powerful than any medicine, any medical procedure, any antibiotic, and any chemotherapy used to heal our bodies. Every time we partake of it, we are causing our youth to be renewed like the eagle's. (Psalm 103:5)

The Earth has been under a divine judgment ever since Adam sinned. Aging, disease, and death are all part of this divine sentence. The reality is, we live in a fallen world and these effects of the divine sentence are happening to our mortal bodies. However, God never intended for His children to suffer any of it. That is why He sent His Son to bear our sins and sicknesses on the Cross. That is why He provided the Holy Communion as a way to escape the divine judgement that is on this world; to offset its effects. The Holy Communion is a supernatural channel for His health and wholeness to flow into our bodies. While the world is getting weaker and sicker, we are getting stronger and healthier each time we partake of the Holy Communion by faith!

The early church clearly understood how powerful Holy Communion is. That is why the Bible tells us they broke bread "from house to house". (Acts 2:46) When they met on Sunday, the main reason wasn't to hear preaching and teaching - "The disciples came together to break bread." (Acts 20:7) Even though the apostle Paul was the guest speaker that weekend, the main reason they gathered was to break bread. If believers today knew the magnitude of the power contained within the Lord's Supper, they would be like the early church, partaking of the Lord's Supper as often as they could and receiving as many of His benefits as they could.

Acts 20:7 "Now on the first day of the week...the disciples came together to break bread."