

For many believers, it is the very simplicity of the Holy Communion that makes it so difficult for them to believe it can be effective. All they can see is a small piece of bread and a little cup of juice. They cannot imagine how something so seemingly insignificant, small, and weak can drive out disease or cause them to live a long life. When we dismiss the Holy Communion elements for those reasons, we are forgetting the way God works. The Bible says God chooses the weak things of the world to put to shame the strong. Time and again, we see how God defeated the enemies of the children of Israel not through military might, but through seemingly insignificant things.

God used a sling and a stone in the hands of David, a young shepherd boy, to bring down Goliath, the mighty champion of the Philistine army. (1 Samuel 17:38-51) He used a hammer and a tent peg in the hands of a defenseless woman to destroy Sisera, the ruthless Canaanite military commander who had oppressed the children of Israel for twenty years. (Judges 4:3-22) He used the jawbone of a donkey in the hand of Samson, one man, to slay a thousand Philistines. (Judges 15:15-16) It is interesting that when a Gentile woman came to the Lord Jesus seeking healing for her severely demonized daughter, He referred to healing as "the children's bread". Do you know what the woman said to Him? "Yes, Lord, yet even the little dogs eat the crumbs which fall from their master's table." Jesus then said to her: "O woman, great is your faith! Let it be to you as you desire." That very hour, her daughter was healed. (Matthew 15:22-28) What do you think the children's bread that is laid on the "masters' table" is a shadow of? The Holy Communion!

We sit at the Master's table because we are sons and daughters of the Most High God, and we partake freely of the Lord's Supper. If the seemingly insignificant "crumbs" that fell from the table could heal the woman's child, how much more healing and life we shall receive when we have the substance of the Holy Communion!

1 Corinthians 1:27,29 "But God chose the foolish things of the world to shame the wise; God chose the weak things of the world to shame the strong...that no flesh should glory in His presence."