

Daily Communion

When we observe Communion we show our participation in the body of Christ. His life becomes our life and we become members of each others.

We are familiar with the practices that surround the modern day observance of the Lord's Supper, taking communion during special times of the year, the first of every Month, taking communion to signify the beginning of certain seasons & celebrations and the administering of communion just before one passes from this world. This was not designed or commanded to be a religious or ritualistic ceremony conducted only in the church building, but should be an act of worship and remembrance observed daily as you partake of eating your daily meals, as Jesus said as often as you do this, do it in remembrance of me!

While it is common practice to take communion in a church, we know that the Church is really the Body of Christ Jesus. The New Testament believers gathered daily, ate together daily, observed the Lord's Supper daily. Keeping Jesus and everything Jesus did in the forefront of their lives made them strong as a family and as believers. Communion, prayer, worship & the teaching of Jesus' words became the glue that held the early Church together and it is no different for us today.

Communion brings healing to your body and wholeness to your life. Communion brings you closer to the Lord as it is to be a proclamation of what Jesus did for you. Your mind and heart become saturated with the truth of who Jesus is and all that His blood purchased for you. We pay tribute and honor to Jesus when we remember Him by administering communion to one another, our family, our friends, our brothers and sisters in the Lord on a daily basis.

The New Testament believers, who were the Body of Christ as we are today met in one another's home daily and did what Paul in **1 Corinthians 11:26** instructed them to do: "For every time you eat this bread and drink this cup and give thanks, you are recognizing what Christ did for us.

Scripture clearly shows that daily communion was a common practice in the early church. In **Acts 2:42** we read that the early believers were devoting "themselves to the apostles' teaching and fellowship, to the breaking of bread and prayers. This is seen even more clearly in **Acts 20:7** as Luke writes, "On the first day of the week when we were gathered together to break bread ..." In this verse Luke lists communion as their purpose for gathering on the first day of the week

In **1 Corinthians 11** Paul is addressing the Corinthian church concerning the taking of the Lord's Supper or communion.

and when He (Jesus) had given thanks, He broke it and said, “Take, eat; this is My body which is broken for you; do this in remembrance of Me.”²⁵ In the same manner He also took the cup after supper, saying, “This cup is the new covenant in My blood. This do, as often as you drink it, in remembrance of Me.”²⁶ For as often as you eat this bread and drink this cup, you proclaim the Lord’s death till He comes.

Corinthians 11:24-26

We are commanded to examine ourselves before partaking

²⁷ Therefore whoever eats this bread or drinks this cup of the Lord in an unworthy manner will be guilty of the body and blood of the Lord.²⁸ But let a man examine himself, and so let him eat of the bread and drink of the cup.²⁹ For he who eats and drinks in an unworthy manner eats and drinks judgment to himself, not discerning the Lord’s body.³⁰ For this reason many are weak and sick among you, and many sleep.³¹ For if we would judge ourselves, we would not be judged.³² But when we are judged, we are chastened by the Lord, that we may not be condemned with the world.³³ Therefore, my brethren, when you come together to eat, wait for one another.³⁴ But if anyone is hungry, let him eat at home, lest you come together for judgment. And the rest I will set in order when I come. **1 Corinthians 11:27-34**

The practice of self examination brings us closer to God and keeps us in right standing with him daily as we examine ourselves, confessing our sins and give thanks for the food before eating each meal.

Jesus Institutes the Lord’s Supper/Communion

¹⁶ The cup of blessing which we bless, is it not the communion of the blood of Christ? The bread which we break, is it not the communion of the body of Christ?¹⁷ For we, though many, are one bread and one body; for we all partake of that one bread. **1 Corinthians 10:16-17**

¹⁹ And He (Jesus) took bread, gave thanks and broke it, and gave it to them, saying, “This is My body which is given for you; do this in remembrance of Me.”²⁰ Likewise He also took the cup after supper, saying, “This cup is the new covenant in My blood, which is shed for you **Luke 22:19-20**

²² And as they were eating, Jesus took bread, blessed and broke it and gave it to them and said, “Take, eat; this is my body.”²³ Then He took the cup, and when He had given thanks He gave it to them, and they all drank from it.²⁴ And He said to them, “This is

my blood of the new covenant, which is shed for many. ²⁵Assuredly, I say to you, I will no longer drink of the fruit of the vine until that day when I drink it new in the kingdom of God. **Mark 14:22-25**

²⁶ And as they were eating, Jesus took bread, blessed and broke it, and gave it to the disciples and said, "Take, eat; this is My body."

²⁷ Then He took the cup, and gave thanks, and gave it to them, saying, "Drink from it, all of you. ²⁸ For this is My blood of the new covenant, which is shed for many for the remission of sins. ²⁹ But I say to you, I will not drink of this fruit of the vine from now on until that day when I drink it new with you in My Father's kingdom **Matthew 26:26-29**

Christ: The Bread of Life

"Give us this day our daily **bread**" **Matthew 6:11**.

"And as they were eating, Jesus took bread, and blessed it, and broke it, and gave it to the disciples, and said, Take, eat; this is my body" **Matthew 26:26**.

"And as they did eat, Jesus took bread, and blessed, and broke it, and gave to them, and said, Take, eat: this is my body" **Mark 14:22**.

"And he took bread, and gave thanks, and broke it, and gave unto them, saying, this is my body which is given for you: this do in remembrance of me" **Luke 22:19**.

"Our fathers did eat manna in the desert; as it is written, He gave them bread from heaven to eat. Then Jesus said unto them, verily, verily, I say unto you, Moses gave you not that **bread** from heaven; but my Father giveth you the true **bread** from heaven. For the **bread** of God is he which cometh down from heaven, and giveth life unto the world. Then said they unto him, Lord, evermore give us this bread. And Jesus said unto them, I am the **bread** of life: he that cometh to me shall never hunger; and he that believeth on me shall never thirst" **John 6:31-35**.

"Verily, verily, I say unto you, He that believeth on me hath everlasting life. I am that **bread** of life. Your fathers did eat manna in the wilderness, and are dead. This is the **bread** which cometh down from heaven, that a man may eat thereof, and not die. I am the living **bread** which came down from heaven: if any man eats of this **bread**, he

shall live for ever: and the **bread** that I will give is my flesh, which I will give for the life of the world" **John 6:47-51**.

"And they continued steadfastly in the apostles' doctrine and fellowship, and in breaking of bread, and in prayers. And they, continuing daily with one accord in the temple, and breaking bread from house to house" **Acts 2:42, 46**.

"And upon the first day of the week, when the disciples came together to break bread, Paul preached unto them, ready to depart on the morrow; and continued his speech until midnight" **Acts 20:7**.

"Therefore let us keep the feast, not with old leaven, neither with the leaven of malice and wickedness; but with the unleavened bread of sincerity and truth" **1 Corinthians 5:8**.

"The bread which we break, is it not the communion of the body of Christ? For we being many are one bread and one body: for we are all partakers of that one bread" **1 Corinthians 10:16-17**.

"For I have received of the Lord that which also I delivered unto you, That the Lord Jesus the same night in which he was betrayed took bread: And when he had given thanks, he brake it, and said, Take, eat: this is my body, which is broken for you: this do in remembrance of me. For as often as ye eat this bread, and drink this cup, ye do show the Lord's death till he come. Wherefore whosoever shall eat this bread, and drink this cup of the Lord, unworthily, shall be guilty of the body and blood of the Lord. But let a man examine himself, and so let him eat of that bread, and drink of that cup. For he that eateth and drinketh unworthily, eateth and drinketh damnation to himself, not discerning the Lord's body" **1 Corinthians 11:23-29**

Christ: The Cup of Blessing

"Then Jesus said unto them, Verily, verily, I say unto you, Except ye eat the flesh of the Son of man, and drink his blood, ye have no life in you. Whoso eateth my flesh, and drinketh my blood, hath eternal life; and I will raise him up at the last day" **John 6:53-54**.

"And he took the cup, and gave thanks, and gave it to them, saying, Drink ye all of it; for this is my blood of the new testament, which is shed for many for the remission of sins" **Matthew 26:27-28**.

"And he took the cup, and when he had given thanks, he gave it to them: and they all drank of it. And he said unto them, this is my blood of the new testament, which is shed for many" **Mark 14:23-24**.

"Likewise also the cup after supper, saying, this cup is the new testament in my blood, which is shed for you" **Luke 22:20**.

"Take heed therefore unto yourselves, and to all the flock, over the which the Holy Ghost hath made you overseers, to feed the church of God, which he hath purchased with his own blood" **Acts 20:28**.

"Whom God hath set forth to be a propitiation through faith in his blood, to declare his righteousness for the remission of sins that are past, through the forbearance of God" **Romans 3:25**.

"The cup of blessing which we bless, is it not the communion of the blood of Christ?" **1 Corinthians 10:16**.

"For I have received of the Lord that which also I delivered unto you, that the Lord Jesus the same night in which he was betrayed took bread: And when he had given thanks, he broke it, and said, Take, eat: this is my body, which is broken for you: this do in remembrance of me. After the same manner also he took the cup, when he had supped, saying, this cup is the new testament in my blood: this do ye, as oft as ye drink it, in remembrance of me. For as often as ye eat this bread, and drink this cup, ye do show the Lord's death till he come" **1 Corinthians 11:23-26**.

"To the praise of the glory of his grace, wherein he hath made us accepted in the beloved. In whom we have redemption through his blood, the forgiveness of sins, according to the riches of his grace" **Ephesians 1:6-7**.

"In whom we have redemption through his blood, even the forgiveness of sins...And, having made peace through the blood of his cross, by him to reconcile all things unto

himself" **Colossians 1:14, 20.**

"For if the blood of bulls and of goats, and the ashes of a heifer sprinkling the unclean, sanctifieth to the purifying of the flesh: How much more shall the blood of Christ, who through the eternal Spirit offered himself without spot to God, purge your conscience from dead works to serve the living God. And almost all things are by the law purged with blood; and without shedding of blood is no remission. "**Hebrews 9:13-14, 22**

"Now the God of peace, that brought again from the dead our Lord Jesus, that great shepherd of the sheep, through the blood of the everlasting covenant" **Hebrews 13:20.**

"But with the precious blood of Christ, as of a lamb without blemish and without spot: Who verily was foreordained before the foundation of the world, but was manifest in these last times for you" **1 Peter 1:19-20.**

"But if we walk in the light, as he is in the light, we have fellowship one with another, and the blood of Jesus Christ his Son cleanses us from all sin" **1 John 1:7**

"And from Jesus Christ, who is the faithful witness, and the first begotten of the dead, and the prince of the kings of the earth. Unto him that loved us, and washed us from our sins in his own blood" **Revelation 1:5**