

This is My Body

(Praying that All would See Jesus in the Bread & Wine)

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Breaking Bread (Communion)

"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. 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 shew the Lord's death till he come." (1 Corinthians 11:23-26)

Our gathering for communion should be a time to reflect on the price that has been paid for our sins. For we first read concerning the body of Jesus: *"And he took bread, and gave thanks, and brake it, and gave unto them, saying, This is my body which is given for you: this do in remembrance of me." (Luke 22:19)* So, we read that Jesus said: *"this do in remembrance of me."* Next, we read: *"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)*

Now, during communion, we may hear some Church leadership declare that we must first examine ourselves for any sin in our lives before partaking of the bread and wine. But is that what Jesus said? Well, let's look again what he said above, for we read: *"this do in remembrance of me."* So, why do they say that we must examine ourselves first? Are they not taking the words of the apostle Paul out of context? Yes of course, for Paul first said: *"When ye come together therefore into one place, this is not to eat the Lord's supper. For in eating every one taketh before other his own supper: and one is hungry, and another is drunken." (1 Corinthians 11:20-21)* So, we see that they were treating this as some common ordinary meal. However, down a few verses Paul makes it clear what this meal is to be all about, for he said: *"For as often as ye eat this bread, and drink this cup, ye do shew the Lord's death till he come." (1 Corinthians 11:26)* Yes, brothers and sisters in Christ, this meal is to be all about the life and death of our Lord and Savior Jesus Christ.

Unworthy Manner

Therefore: *"Whoever, therefore, eats the bread or drinks the cup of the Lord in an unworthy manner will be guilty concerning the body and blood of the Lord." (1 Corinthians 11:27 ESV)* Wow, that's a stern warning for us who partake of the Lord's supper. So, what is this *"unworthy manner"* that Paul is talking about in that passage above? Well, let's continue reading to find out. For he goes on to say: *"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 11:28-29) Well, there you go. The unworthy manner IS NOT some unconfessed sin in our lives, but it’s not properly discerning the body and blood of our Lord and Savior Jesus Christ. Therefore, one is *“guilty concerning the body and blood of the Lord,”* and *“drinketh damnation to himself”* if they eat *“not discerning the Lord’s body.”* Therefore: *“That is why many of you are weak and ill, and some have died.”* (1 Corinthians 11:30 ESV) Wow, we can see how important it is to take this meal seriously.

Therefore, we must stop teaching this false doctrine of unconfessed sin. I say this because there may be some unconfessed sin that comes to mind during or even after we have partaken. And because of this false teaching, one could feel guilty and thus end up feeling even worse than before. For let’s face it, if we really had to examine ourselves to see if there is any unconfessed sin in our lives, we may never be able to partake of communion. So please, let’s keep things in context and not add unbiblical teachings that can stumble one another. God help us all, amen.

- Whoso eateth my flesh, and drinketh my blood, hath eternal life; and I will raise him up at the last day. For my flesh is meat indeed, and my blood is drink indeed. He that eateth my flesh, and drinketh my blood, dwelleth in me, and I in him. As the living Father hath sent me, and I live by the Father: so he that eateth me, even he shall live by me. This is that bread which came down from heaven: not as your fathers did eat manna, and are dead: he that eateth of this bread shall live forever. (John 6:54-58)

God bless you as you seek to do his will. Amen

Note: Bible text other than the King James Bible have been abbreviated according to the version that was used. This is for you the reader to know which version was used in order for you to go read it for yourselves. Therefore, I encourage you to: *“Study to shew thyself approved unto God, a workman that needeth not to be ashamed, rightly dividing the word of truth.”* (2 Timothy 2:15)

- ESV = English Standard Version