

Holy Communion-The Lord's Table

Yirmeyah Tan, 18 July 2025

I. Caution

We are to have Communion after examining ourselves, repenting and confessing our sins. If we have anything against the brethren we are to forgive and ask for forgiveness. Otherwise, we shall fall into condemnation. The Bible warns us that many are sick, weak and even die when they partake of Holy Communion unworthily:

1Co 11:27 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.

1Co 11:28 But let a man examine himself, and so let him eat of that bread, and drink of that cup.

1Co 11:29 For he that eateth and drinketh unworthily, eateth and drinketh damnation to himself, not discerning the Lord's body.

1Co 11:30 **For this cause many are weak and sickly among you, and many sleep.**

1Co 11:31 For if we would judge ourselves, we should not be judged.

1Co 11:32 But when we are judged, we are chastened of the Lord, that we should not be condemned with the world.

II. My Body & My Blood

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

Mat 26:27 And he took the cup, and gave thanks, and gave it to them, saying, Drink ye all of it;

Mat 26:28 For this is my blood of the new testament, which is shed for many for the remission of sins.

Joh 6:35 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.

Joh 6:53 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.

Joh 6:54 **Whoso eateth my flesh, and drinketh my blood, hath eternal life; and I will raise him up at the last day.**

Joh 6:55 For my flesh is meat indeed, and my blood is drink indeed.

Joh 6:56 He that eateth my flesh, and drinketh my blood, dwelleth in me, and I in him.

Joh 6:57 As the living Father hath sent me, and I live by the Father: so **he that eateth me, even he shall live by me.**

Joh 6:58 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 for ever.

Note: John Wesley affirmed that through the bread and wine, the "real presence" of Jesus is made known, enabling believers to receive and experience God's grace and strength.

III. Bless, brake and gave [share]

Mat 26:26

Note 1: the expression "they went from house to house breaking bread" e.g.

Act 2:46 And they, continuing daily with one accord in the temple, and breaking bread from house to house, did eat their meat with gladness and singleness of heart,

Note 2: Jewish bread was about the size of a small pizza and had to be broken for sharing. The Communion bread therefore needed to be broken and shared.

Note 3: the breaking of the Communion bread reminds us of the Body of Christ that was torn to shreds on the day of His crucifixion.

IV. Thanksgiving: Eucharist

Mat 26:27

The word "Eucharist" is a transliteration of the Greek word eucharistia, which is itself a translation of the Hebrew word berekah. All three words have the meaning of thanksgiving, or praise for the wonderful works of God.

V. The elements: unleavened bread and grape juice or wine [red or white?]

Mat 26:29 But I say unto you, I will not drink henceforth of this fruit of the vine, until that day when I drink it new with you in my Father's kingdom.

Note: we can use grape juice or wine. Wine should be red because it denotes the colour of blood. The wine represents the blood of Yeshua shed for us.

Note: it was at the Feast of Passover/Unleavened Bread when Yeshua celebrated the first Communion with His apostles. Hence the bread used for Communion should be unleavened. [e.g. roti prata, chapati]

VI. Memorial

Luk 22:19 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.

1Co 11:23 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:

1Co 11:24 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.

1Co 11:25 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.

Note: every time we partake of Holy Communion, we remember the sacrifice of Yeshua on the cross for our redemption. So it is a very solemn occasion, a time of thanksgiving to YAHWEH for sacrificing His only begotten Son for us, to save us from Hell fire.

VII. Looking towards His Return

1Co 11:26 For as often as ye eat this bread, and drink this cup, ye do shew the Lord's death till he comes.

Note: each time we celebrate Communion we are also looking forward to His return to complete our salvation.

VIII. Preparation to partake:

Women: must have a veil as head covering

Women: must be in submission to husband

No strife/disunity among church members

No gluttony

No drunkenness

IX. Sacrament

Outward sign of inward grace

John Wesley emphasized the importance of Holy Communion, viewing it as a "grand channel" for God's grace, a means of spiritual nourishment, and a way to establish a relationship with Christ. He believed it was a "certain means of obtaining his help".

“The grace of God given herein confirms to us the pardon of our sins by enabling us to leave them. As our bodies are strengthened by bread and wine, so are our souls by these tokens of the body and blood of Christ. This is the food of our souls: this gives strength to perform our duty and leads us on to perfection. If therefore we have any regard for the plain command of Christ, if we desire the pardon of our sins, if we wish for strength to believe, to love and obey God, then we should neglect no opportunity of receiving the Lord's Supper” (Sermon 101: The Duty of Constant Communion, §I.3).

X. Communion: fellowship & body of Christ

1Co 10:16 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?

1Co 10:17 For we being many are **one bread, and one body**: for we are all partakers of that one bread.

Note: the word ‘communion’ means fellowship. By partaking of the communion bread, we become one body- the Body of Christ, of which He is the Head.

Col 1:18 And he is the head of the body, the church: who is the beginning, the firstborn from the dead; that in all things he might have the pre-eminence.

XI. Frequency of Communion

Not stated in the Bible

XII. Breaking of bread

Refers to

- the "Lord's Supper" (1 Corinthians 11:20),
- the "Lord's table" (1 Corinthians 10:21),
- the "communion" (1 Corinthians 10:16),
- communion & meal or either
 - Luk 24:30 And it came to pass, as he sat at meat with them, he took bread, and blessed it, and brake, and gave to them.
 - [Act 2:42 And they continued steadfastly in the apostles' doctrine and fellowship, and in breaking of bread, and in prayers.]
 - (Acts 20:7 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.):

- **To eat food:**

- Act 27:33 And while the day was coming on, Paul besought them all to take meat, saying, This day is the fourteenth day that ye have tarried and continued fasting, having taken nothing.
- Act 27:34 Wherefore I pray you to take some meat: for this is for your health: for there shall not an hair fall from the head of any of you.
- Act 27:35 And when he had thus spoken, he took bread and gave thanks to God in presence of them all: and when he had broken it, he began to eat.
- Act 27:36 Then were they all of good cheer, and they also took some meat.