

A GUIDE TO

THE
COMMUNION
TABLE

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The Communion Table

Over the years, I have studied this amazing sacrament of the Bible. All the three sacraments are both powerful and profound. We have the water baptism sacrament, which is an immersion into the name of the Father, Son and the Holy Spirit. The fathers of Christianity practice three immersions until it was changed by Pope

The second sacrament is anointing the sick with oil in the name of the Lord Jesus Christ — James 5:14-15. This sacrament, like the communion table, specifically addresses illnesses of the body and the soul. Why would God dedicate two sacraments out of the three to divine healing? It strongly reveals God's will to heal His people from all sicknesses and diseases. The healing of the sick seems scarce in the western church because the message and lifestyle of faith is also scarce. If the lifestyle of faith were to be reinstated to its Apostolic power, miracles would become a daily norm. If we only knew how far we've strayed and fallen, like Adam did from the beginning when God asked him: "Adam, where are you?" Obviously, God was referring to his fall from the realm of faith into the realm of fear — Genesis 3:9.

Unfortunately, we've reduced all three sacraments to mere rituals void of any power to produce their intended effect upon the believer. For instance, water baptism is much more than a dipping into water as a show of one's public confession of faith. It is an immersion of one's tripartite nature into the triune nature of God. In his spirit, the nature of the Father dominates; in his soul, the nature of the Son dominates and in his body, the nature of the Spirit dominates. "Into the name" is more than a mere invocation of a name. Like Abram into Abraham or Jacob into Israel, it is an importation and an impartation of the nature of God supernaturally transferred through the mystery of a baptism in water. As his name is so is he — 1 Samuel 25:25.

In 1993, during our student body camp meeting (Believer's Love World) in Benin city, Nigeria, I was instructed by Pastor Chris Oyakhilomeh, President of the BLW nation, to baptize over four hundred students in a nearby river. What I witnessed was nothing short of mighty manifestations of the Holy Spirit in that body of water.

Almost everyone who was immersed, came out baptized with the Holy Spirit with the evidence of speaking in tongues, and those who had any sickness, were completely healed. All of them collapsed under the mighty influence of the Holy Spirit — all four hundred of them as we pulled them out of the water. This should be the norm in water baptisms. When Jesus was baptized, the heavens opened over Him, and the Holy Spirit descended upon Him in a visible form — Luke 3:21-22.

The sacrament of the Holy Communion Table

The communion table is truly a very powerful sacrament. If fully understood, and properly practiced, would act as the perfect antidote against all sicknesses and diseases. I believe that the communion table is God's divine prescription for all illnesses of the human spirit, soul and body. Obviously, God provided these sacraments to accomplish definite things in our lives, and it's high time that we fully embraced the truth on the communion table modeled by Jesus and His Apostles in the gospels, taught by Paul the Apostle in the epistles, and practiced by the disciples of the early church. Why any sane Christian wouldn't take total advantage of the divine privileges offered in the communion table for the continued robust sustenance of one's health is baffling. I would have to assume that a part of our reluctance or disinterest in passionately participating in the communion table maybe due to the religious influences that have shaped our beliefs and turned the holy sacrament into a powerless ceremonial ritual or it maybe the sheer lack of knowledge of the powerful provisions contained within the communion elements. When faith in God dies, philosophy thrives. When faith in the living word diminishes, the traditions of men take precedence. May I kindly ask that you read this book prayerfully, and may the Holy Spirit illuminate these truths to you in a new and profound way. May your life be transformed by its power.

First, the communion must come to us as a revelation from God.

1 Corinthians 11:23 KJV

“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.”

1 Corinthians 11:23-24 TPT

“I have handed down to you what came to me by direct revelation from the Lord himself. The same night in which he was handed over, he took bread and gave thanks.”

Someone may ask, “do we need an additional revelation of the communion table apart from the written word?” The answer is obviously no. So, what might we mean by the communion table coming to us as a revelation from God. It simply means that the Holy Spirit of God must open you up to His understanding of the communion table. He has to reveal it to you personally. Paul, the Apostle, declared in the epistles that God revealed the mysteries of the communion table directly and personally to him. Revelation has to do with things revealed that were unknown before. Although, Paul the Apostle, knew all about the communion table Jesus shared with the twelve original apostles, the Lord felt it necessary to directly reveal it to him. Every revelation of scripture is progressive because each scripture has at least seven layers of truth. It is the Holy Spirit who guides us into all truth, and also reveals to us the deep things of God.

But as it is written, Eye hath not seen, nor ear heard, neither have entered into the heart of man, the things which God hath prepared for them that love him. But God hath revealed them unto us by his Spirit: for the Spirit searcheth all things, yea, the deep things of God. For what man knoweth the things of a man, save the spirit of man which is in him? even so the things of God knoweth no man, but the Spirit of God. Now we have received, not the spirit of the world, but the spirit which is of God; that we might know the things that are freely given to us of God.

1 Corinthians 2:9-12 KJV

The Holy Spirit is the Spirit of revelation revealing things unknown before and unknown to man. These truths can come to you in no other way or form except they be revealed by Him — Matthew 16:17. He not only illuminates the scriptures causing you to understand them in a whole new light, but also reveals them in a way unheard of before. He reveals the very depths of God that directly impact you in a profound way, and changes you from the inside out. Just because something is written and read in the “Logos” of God’s word doesn’t mean that the reader has received the teaching or education of the Spirit on the subject being studied. First, comes the teaching of God’s Spirit, which must be received wholeheartedly into the human heart, and further developed until it dominates the reader’s entire being, and expressing itself in the outworking of his life. In other words, the word of God works in us until we behave our belief. The letter kills, but the spirit gives life — 2 Corinthians 3:6. God’s Spirit broods over the word in your spirit to reveal truth. He guides us into all truth. There are layers and layers in the word to bring us all into all truth. We know in part, and prophesy in part, and this calls for great humility on our part to learn at the feet of Jesus. So, go ahead, and ask the Holy Spirit of God to take you on a journey into the communion table. Ask Him to reveal His heart to you on the subject in an intimate and personal way. Tell Him that you want to be forever transfigured by its truths, and to live the more for His glory.

Secondly, the communion connects you directly & immediately to a sharing in the life of God.

1 Corinthians 10:16 KJV

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?

1 Corinthians 10:16 MSG

When we drink the cup of blessing, aren't we taking into ourselves the blood, the very life, of Christ? And isn't it the same with the loaf of bread we break and eat? Don't we take into ourselves the body, the very life, of Christ?

The communion elements are not symbols or mere representations. The church has reduced them to common symbols, and as a consequence, robbed us of its power. They've made it a mere ceremonial ritual. No true student of the Bible can depict these communion elements as ordinary because the Bible doesn't support such a stance. They are extremely powerful elements because they contain the very life of God in them. They hold the highest voltage concentration of God's life in a material object. God's life in the elements causes a transmutation resulting into a complete transfiguration. The very names: "bread of life; bread of God; cup of the Lord, and the cup of blessing," prove that the very elements themselves undergo a complete transfiguration just as the ordinary rod of Moses was transformed into the rod of God — Exodus 4:20. God's rod from that moment was used to perform mighty signs and wonders. We buy these elements from the stores or shops around us as common elements but once we lift them up in prayer, and bless them in the name of the Lord, the supernatural life of Jesus Himself enters into them transforming them into an uncommon life giving elements. They become their names as Abram became Abraham, and Jacob, Israel. As his name is, so is he — 1 Samuel 25:25.

The Revelatory Names of the Communion Elements

The bread and wine elements of the Bible both have revelatory names. Each of the names reveal what they are, and what they do. Their names were given by God to help us understand the powers invested into them, and what that power was designed to accomplish in our lives. In my study of the scriptures, the Lord showed me that each of the communion elements have two names, and that these two names should have a tremendous impact on the way we participate in the sacrament of the communion table.

1). The Bread of God

John 6:33 KJV

For the bread of God is he which cometh down from heaven, and giveth life unto the world.

It is called the bread of God. This bread, the communion bread, is placed on the highest class of all foods. It is the bread that God eats, and we have been called into fellowship to share in the eating of that bread. David the King of Israel, referred manna as the angels food.

Psalm 78:24-25 NLT

He rained down manna for them to eat; he gave them bread from heaven. They ate the food of angels! God gave them all they could hold.

There's the bread of men, and the bread of angels. But there's the bread of the highest class — the bread of God or the bread that God eats, and no one can eat that bread and remain the same. These are three different classes of bread as there are three classes of tongues — tongues of men, of angels and of God. This is why the communion elements contain the highest voltage of God's life resident in a material. The communion table serves us the bread that God Himself eats. The moment we present that bread to God in prayer, and bless it, God infuses into it His very own life. You make contact with that life upon eating the bread in faith.

2). The Bread of Life

John 6:48 KJV

I am that bread of life.

The communion bread is also called the bread of life because its main function is to produce in you an active voltage of God's life. It stirs up God's life in you and causes it to bubble up and overflow, saturating your entire being. Jesus said that whosoever eats of this bread shall never die — John 6:50-51. If we practiced this meal covenant in faith, no disease should survive our bodies; rather, immortality would swallow up mortality and incorruptibility, corruptibility. Do you want a greater measure of God's life moving powerfully in you? Then, take the bread of God and eat it.

3). Cup of the Lord

1 Corinthians 10:21 KJV

Ye cannot drink the cup of the Lord, and the cup of devils: ye cannot be partakers of the Lord's table, and of the table of devils.

The communion cup is called the Cup of the Lord as the bread is called the Bread of God. Is this a coincidence? I think not! It is a revelation of the God's Spirit. On that banqueting table, you're been invited to drink His very own life from His very own cup. You and God eating the same bread, and drinking the same wine out of the same cup — that's incomprehensible.

4). The Cup of Blessing

1 Corinthians 10:16 KJV

The cup of blessing which we bless, is it not the communion of the blood of Christ?

It is also called the cup of blessing. The very contents in the cup are the blessings of God. You drink in the blessing until you're soaked in the blessing. Then, how can you be cursed when you full of the blessing?

Taking the Bread

1 Corinthians 11:23-24 NKJV

For I received from the Lord that which I also delivered to you: that the Lord Jesus on 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; do this in remembrance of Me."

Remember that the communion table was given to Paul, the Apostle, directly and personally. We can see the following things that were revealed to him:

- 1). The Power of Thanksgiving
- 2). The Broken Bread

3). Take the Bread

4). Eat the Bread

The Power of Thanksgiving

The prayer and power of thanksgiving manifests God's presence on the scene. I'd like to encourage you to incorporate this type of prayer into your life. We should pray prayers of thanksgiving all the time. It turns every mountain into a molehill. It helps you view life through the lens of a victor. It places you in the center of God's will for your life even when you're going through a difficult situation.

In every situation [no matter what the circumstances] be thankful and continually give thanks to God; for this is the will of God for you in Christ Jesus.

1 Thessalonians 5:18 AMP

It is impossible to lose out in life while praying thankful and thank-filled prayers. This is how you keep the anointing of the Holy Spirit fresh and flowing over your life, which should be the personal goal for our own personal development as believers. We need to function with a conquering and victorious spirit at all times. This spirit of faith is extremely contagious and robs off on anyone you come into contact with. Carry the God-atmosphere into your world each day.

Jesus blessed the communion elements by giving thanks. Something extraordinary happened when He offered thanksgiving to God over the meal elements. The power of God came upon it. The supernatural resided in it. God's life entered into it. Thanksgiving always imports God's life into an element. When Jesus blessed the two fish and five loaves, they multiplied feeding thousands with leftovers.

The Broken Bread

The broken bread speaks of the broken body of Jesus. Isn't it interesting that the twin part element of the communion table, the bread, was solely reserved for the healing of the physical body? The body then

must hold such a high value in the eyes of God. The blood element was reserved for the non-corporal parts of our nature — our spirit and soul.

At first everyone was appalled. He didn't even look human— a ruined face, disfigured past recognition.

Isaiah 52:13 MSG

With a Roman whip, they lacerated His body to shreds beyond human recognition. Every part of His body was broken so that every part of our bodies would be made completely whole. This does settle the question as to God's will to heal everyone. Surely, the Lord didn't go through all this punishment on behalf of all humanity to have only some healed, and the rest sick. Jesus is the embodiment of God's perfect will, and in Him, and through Him, as humanity's representative, all who are diseased, sick and afflicted, can receive their healing right now by faith in Christ Jesus. Jesus, stood in the stead of all, and took upon Himself all the sicknesses and all the diseases of all humanity for all eternity once and for all so that no man would have to again bear the burden of a disease in their physical body. Now see Him fully broken for you in the breaking of the bread, and as you partake of it, be made whole from every form of affliction of the body in Jesus name.

Take the 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.

1 Corinthians 11:24 KJV

The Greek word for the word, "take" is "katalabano." It means to take something aggressively or forcefully. Healing is the children's bread. It is your legal right. You have a legal right to healing. You don't need anyone's permission to take what rightfully belongs to you, do you? Because He, Jesus, took your sicknesses and diseases - (Matthew 8:17), you're to take His healing offered freely to you on His cross. Don't wait for it or beg for it; simply take it. It's yours. Take it by faith. Faith takes. Faith makes it yours.

Eat the Bread

I was amazed to see that in the Old Testament, the night of Israel's deliverance from the house of bondage, God through Moses, instructed the Israelites to eat the flesh of the lamb in a certain way, and with a certain attitude.

Then they shall eat the flesh on that night; roasted in fire, with unleavened bread and with bitter herbs they shall eat it. Do not eat it raw, nor boiled at all with water, but roasted in fire—its head with its legs and its entrails. You shall let none of it remain until morning, and what remains of it until morning you shall burn with fire. And thus you shall eat it: with a belt on your waist, your sandals on your feet, and your staff in your hand. So you shall eat it in haste. It is the Lord's Passover.

Exodus 12:8-11 NKJV

On the night of their deliverance, they were to take a lamb for a household, and roast the flesh in fire. The entire flesh was to be eaten that night with no leftovers. If there were any leftovers after eating, they were to burn it in fire until all was consumed by the fire. The flesh with its internal organs were to be eaten.

With its head and shanks and inner organs - The New American Bible
Head, legs, heart and liver - The New Berkeley Version
Head, legs and all - James Moffat

They were to eat it fully dressed, shoes worn and their staves in their hands. They were to eat it in haste — expectant haste (Berkeley); or as in flight (NAB). In other words, they were to eat it in faith. They were to see themselves already freed from the house of bondage. They were to eat it in haste as though it was going to be the last meal they were ever going to eat again in the land of bondage. It was a forever farewell meal. That attitude of faith was important to God. No passive or lackadaisical attitude here. They needed to demonstrate by their actions that they wanted out for good. God wanted them fully dressed as though they were already on the journey into the promised land.

When we eat the bread, we must envision ourselves free from all forms of illnesses affecting our bodies. You must see yourself healed. See the healing, not the sickness. Partaking of the bread without vision is making the sacrament void of power. See yourself free before you actually walk in freedom. See yourself coming out of that sickness into health. If you're crippled, see yourself walking. If you have diseased organs, see God creating new ones. See it, feel it and know it. It's a meal requiring the process of eating the flesh to be enjoyed. We eat the bread and drink the blood while reminiscing on all that Jesus accomplished for us on His cross. This involves time. We must have some sufficient time to do "this" in remembrance of Him. For this reason, the word, "eat" means to actually eat something, and the word, "drink" involves drinking something. The way we've gulped the current traditional sacramental cup, and placed a small waffle on your tongues to melt was born out of the lack of knowledge. This is why we use a bigger proportion of the elements in breaking bread in our own ministry. Jesus said eat, not melt it; He said drink, not gulp it. Give people time to envision their freedom. Give them time to think over all that His death means to them personally.

The New Covenant

We have a New Covenant through Christ, and this New Covenant is different from the Old Covenant. To appreciate the New, you'll have to understand the Old.

But now hath he obtained a more excellent ministry, by how much also he is the mediator of a better covenant, which was established upon better promises. For if that first covenant had been faultless, then should no place have been sought for the second. For finding fault with them, he saith, Behold, the days come, saith the Lord, when I will make a new covenant with the house of Israel and with the house of Judah: Not according to the covenant that I made with their fathers in the day when I took them by the hand to lead them out of the land of Egypt; because they continued not in my covenant, and I regarded them not, saith the Lord.

Hebrews 8:6-9 KJV

Jesus hath obtained a more excellent ministry established upon better promises, and hath also become the mediator of that New Covenant. The Old Covenant was a conditional covenant. It was solely based upon man's ability to obey it. If a person broke one of the commandments under the Old covenant, all the other nine would also be considered broken before God. The Bible calls this the righteousness by the law — the law of Moses. It was a righteousness based upon human effort, and upon obedience to the law. God's favorable responses to man was based upon his personal obedience to the law. The Old covenant made the people sin-conscious — they were constantly reminded of their sins because they couldn't keep the law faithfully.

For since the Law has only a shadow [just a pale representation] of the good things to come—not the very image of those things—it can never, by offering the same sacrifices continually year after year, make perfect those who approach [its altars]. For if it were otherwise, would not these sacrifices have stopped being offered? For the worshipers, having once [for all time] been cleansed, would no longer have a consciousness of sin. But [as it is] these [continual] sacrifices bring a fresh reminder of sins [to be atoned for] year after year, for it is impossible for the blood of bulls and goats to take away sins.

Hebrews 10:1-4 AMP

The blood of bulls and goats couldn't take away their sin. It covered it for one year, until the High Priest went in to atone for their sins, and for his sins for the following year. It became a viscous cycle of repetitious sins accompanied by repetitious sacrifices. By their continual coming of the offering of their sacrifices, it forged a stronghold in their minds and in their consciousness that their sins couldn't be eradicated. Only the true lamb of God, Jesus, could take away the sin of the whole world. Therefore, the Old covenant based upon human effort, and enacted by the blood of animals had to be laid aside, and a new one inaugurated. The New covenant was established upon Jesus' perfect obedience to the Father. By faith in Christ, we become beneficiaries of that New covenant. It is not a conditional covenant but an unconditional one because it was inaugurated upon the faithfulness of Jesus Christ. Here, God always judges us based upon the righteousness of Jesus, and not

upon my own actions or inactions.

But now the righteousness of God without the law is manifested, being witnessed by the law and the prophets; Even the righteousness of God which is by faith of Jesus Christ unto all and upon all them that believe: for there is no difference: To declare, I say, at this time his righteousness: that he might be just, and the justifier of him which believeth in Jesus. Where is boasting then? It is excluded. By what law? of works? Nay: but by the law of faith.

Romans 3:21-22, 26-27 KJV

Jesus secured for us a perfect salvation established on an irrevocable covenant — an agreement between Himself and the Father and on the behalf of all those who place their faith in Christ Jesus; so that, His agreement with the Father literally becomes our agreement with the Father too. We see God’s wisdom in this: He enacted a covenant built upon a sure foundation — an immovable foundation. It would be a covenant that wasn’t dependent on human frailties, but rather on Christ’s perfect obedience to all the will of the Father. It’s built upon the finished work of Christ — a work that cannot be improved upon. It’s a perfect salvation for all eternity. God no longer judges us by our many inconsistencies or soul-fluctuations, but by the faithfulness of Jesus Christ. And His faithfulness is unwavering.

For by the one offering He has perfected forever and completely cleansed those who are being sanctified [bringing each believer to spiritual completion and maturity]. And the Holy Spirit also adds His testimony to us [in confirmation of this]; for after having said, “ This is the covenant that I will make with them After those days, says the Lord: I will imprint My laws upon their heart , And on their mind I will inscribe them [producing an inward change],” He then says , “ And their sins and their lawless acts I will remember no more [no longer holding their sins against them].” Now where there is [absolute] forgiveness and complete cancellation of the penalty of these things, there is no longer any offering [to be made to atone] for sin.

Hebrews 10:14-18 AMP

In this New covenant, God is writing His laws into our hearts, and on the canvas of our minds — an internal work of the Holy Spirit rather than an external work of the flesh by laws written on the tables of stone. So, the New covenant is a covenant of the spirit, which produces life, rather than the letter, which produces death — 2 Corinthians 3:3-7. This better covenant has been forever established upon the faithfulness of Jesus Christ as a finished work, rather than an on-going continuing imperfect work. In this New covenant, there's no remembrance of sins. God no longer holds our sins against us. Our sins can never affect our relationship with God; it only affects our fellowship with Him and robs us of our confidence in Him. And when we do sin, we confess it, and His blood washes us from all sin — 1 John 1:9.

The New Covenant in His Blood

So Jesus is the One who has enacted a new covenant with a new relationship with God so that those who accept the invitation will receive the eternal inheritance he has promised to his heirs. For he died to release us from the guilt of the violations committed under the first covenant. Now a person's last will and testament can only take effect after one has been proven to have died; otherwise the will cannot be in force while the person who made it is still alive. So this is why not even the first covenant was inaugurated without the blood of animals. For Moses ratified the covenant after he gave the people all the commandments of the law. He took the blood of calves and goats, with water, scarlet wool, and a hyssop branch, and sprinkled both the people and the book of the covenant, saying, "This is the blood of the covenant that God commands you to keep." And later Moses also sprinkled the tabernacle with blood and every utensil and item used in their service of worship. Actually, nearly everything under the law was purified with blood, since forgiveness only comes through an outpouring of blood. And so it was necessary for all the earthly symbols of the heavenly realities to be purified with these animal sacrifices, but the heavenly things themselves required a superior sacrifice than these.

For the Messiah did not enter into the earthly tabernacle made by men, which was but an echo of the true sanctuary, but he entered into heaven itself to appear before the face of God in our place.

Hebrews 9:15-16,18-24 TPT

Our New covenant in Christ is currently in-force. A will is only in-force after the death of the testator. Jesus' death on His cross activated His will and testament. The shedding of blood made it possible. While the Old covenant came alive and binding upon the Jews by the blood of bulls and goats, the New covenant came alive and binding upon the "new creation" through the shed blood of Jesus Christ. It is activated by blood, and the New covenant by a far more superior blood — the blood of Jesus Christ.

What Happens when you Drink the Cup?

When we drink of the cup, we drink into our spirit all that the will contains. You literally import a living binding working document into your spirit. So, what does His will contain? What's in the will? It contains the very life of Christ Himself. His own life flows through the will as His blood flows through the covenant. The cross of Christ covers all things, but it's centered on four specific pillars. It covers your Righteousness (2 Corinthians 5:21; Isaiah 53:5); Divine Health (Matthew 8:17; Isaiah 53:4); The Blessing of Abraham (Galatians 3:13-14) and your Financial Prosperity (2 Corinthians 8:9). No devil can contest with this will. It is an incontestable covenant. God has done all He is ever going to do about the will, and about the specifics of the will. It is now your duty to contend for it. Participating in the communion table is a significant part of contending for the will.

And when the fowls came down upon the carcasses, Abram drove them away.

Genesis 15:11 KJV

It is your duty to drive away the birds coming down upon the blood covenant sacrifice. Every demonic force or element contending with your covenant rights must be driven away by you. It is your divine duty

to stop the devil in his track. You do that by taking the communion.

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 KJV

Taking the communion is how you show forth or demonstrate the power of the Lord's death till He comes. It's how you proclaim it. Taking the communion is a global forceful proclamation of all that His death has wrought for us in Christ. What Jesus has accomplished by His death needs to be proclaimed to the spirit-world. It is a sound no demon can endure. It deafens the demonic world. It terrorizes the underworld.

I have handed down to you what came to me by direct revelation from the Lord himself. The same night in which he was handed over, he took bread and gave thanks. Then he distributed it to the disciples and said, "Take it and eat your fill. It is my body, which is given for you. Do this to remember me." He did the same with the cup of wine after supper and said, "This cup seals the new covenant with my blood. Drink it—and whenever you drink this, do it to remember me."

1 Corinthians 11:23-25 TPT

The Importance of the Cleansing of your Innerman

The blood via the communion table cleanses the innerman, both spirit and soul. Because both compartments are joined (Hebrew 4:12), which forces and forms a mixture. Through that mixture, the spirit man can become contaminated. It can form a broken spirit; a sad spirit; a defeated spirit; a depressed spirit; a weakly and sickly spirit; an unclean spirit etc. These mixtures require cleansing to help keep the portals of our spirit open for the flow of God's life. We need an uncluttered spirit void of contaminants and pollutants. This is why in fellowship with Jesus, His blood continually cleanses us from all sin — 1 John 1:7. Jesus washes the feet of His disciples because it is the part of our body that's most in contact with the earth.

The health of the body is dependent on the health of the soul — 3 John

2; and the health of the soul is animated through the spirit. The health of your born again spirit determines the amount of God's current that can flow through it animating the soul. So ultimately, the health of the body flows primarily from the health of one's spirit. The Bible is clear on this when it declares that the life of the flesh is in the blood — Leviticus 17:11, 14. Drinking into your spirit the blood of God cleanses your inner-man by usurping your natural blood. Here, mortality is swallowed up by immortality and corruption is swallowed up by incorruption. The blood in your body is purified, energized and enhanced by the life-force of the Holy Spirit. Your blood serves to transmit God's life throughout your body.

How to take the Communion Elements

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. For this cause many are weak and sickly among you, and many sleep. For if we would judge ourselves, we should not be judged.

1 Corinthians 11:27-31 KJV

Take it reverentially

When taking the communion table, it is important that you discern the Lord's body, and His blood shedding. What a mighty sacrifice! Stand in awe before the majestic offering of Himself on the cross. This is no mere ritual. You are in the presence of the very body and the very blood of Jesus. You're feasting on His very life, and that life contains the power to heal you both in spirit and in body. The bread you're about to eat is His body, and the cup you're about to drink is His literal blood. God's power transforms these mere elements into the body and the blood of Jesus. You must approach the communion table with this understanding.

Take it in Faith

Without faith, it is impossible to please God — Hebrews 11:6. Therefore, take the elements by faith. In other words, eat the bread and drink the cup in faith, believing all that it was meant to do in you and for you. See your body completely healed; see your soul transformed, and see your spirit cleansed from all impurities. See it through the eyes of faith.

Take it Often

It is important that you make a practice of partaking of the communion table as often as possible. Make a regular practice of it until you forge it into your consciousness. It is God's prescribed antidote for all sicknesses and diseases — Psalms 103:3.

Take it thoughtfully

Take it in full view of all that Jesus accomplished for you through His death, burial and resurrection. As often as you do this, do it in remembrance of me. Don't take it carelessly, thoughtlessly and ceremonially. Give some serious thought of the weight of His sacrifice. Let that insight into His sacrifice, selflessness and humility deeply and profoundly impact on your inner-man. Let it make you long to be like Him in character. Let it produce in you such depth of gratitude and awe resulting in a course of action. Let it drive you into a life of surrender and obedience.

