

The Significance of Holy Communion

by Sandy Veltman

God has ordained the Holy Communion as a channel of receiving healing, health and wholeness. The revelation of Holy Communion has never been more relevant than right now. When we take the body and blood of Christ, we are reminding ourselves who we are and what He did for all of us. The Spirit Filled Life Bible says: "I herewith lay hold of all the benefits of Jesus Christ's full redemption for my life – forgiveness, wholeness, strength, health and sufficiency."

In Exodus God had the Israelites slaughter the Passover lamb and put the blood over the top and sides of their door frames, signaling the Spirit of God to pass by without harming the family inside. (Exodus 12:22)

The families that participated in this prophetic act were revealing that their heart was submitted to God. The lamb's blood was a prophetic act that each family did in order to align themselves with God's will and alert the spirit realm as to whom they belonged.

When Jesus led the disciples through Holy Communion during their Passover meal together, He was creating and modeling a prophetic act that believers could continue implementing. He was giving us a way to align ourselves with Heaven and bring Heaven's reality to earth. When Jesus taught His disciples the Lord's Prayer He was teaching them this. "Your kingdom come, Your will be done on earth as it is in heaven." As we pray and partake of Holy Communion we are actively releasing our faith to be aligned with God's will, God's Word, and God's power.

Prayer is about building an intimate relationship with Him. When we pray and partake of Holy Communion, we are receiving His love for us and receiving His healing power into our physical bodies. When we use Holy Communion as a tool for intercession, we are not only realigning ourselves with Christ, but we are proclaiming the reality of heaven over every area of our lives. Communion is the most powerful weapon of prophetic intercession available to us. Every time we take Holy Communion we remind ourselves that the devil has been defeated. The cross had the final word!

We were designed to impact the world around us. We have been given the charge to represent a good God and infuse every situation with heaven. We cannot do that, though, without feeding ourselves on all that God has done for us, thereby building our faith and our hope for what is to come. (I Cor. 11:26) "For whenever you eat this bread and drink this cup, you proclaim the Lord's death until He comes." The act of proclaiming is like sharing this testimony. It is releasing the reality of the cross into the world.

When the Israelites slaughtered the Passover lamb year after year for their Passover celebration, the lamb was slaughtered very humanly so it did not suffer. But when Jesus, our Passover Lamb who takes away the sins of the whole world died, He suffered more than we can possibly imagine (Isaiah 52:14, 53). Jesus is fully man and fully God so He could have stopped the soldiers from beating, mocking and flogging Him at any time. He could have come down

off the cross but chose to stay and endure the punishment for our sins so that we may live, be healed and reconciled to our Heavenly Father. But why did Jesus have to suffer so much? His blood paid the price to get us into Heaven. But His stripes were actually a payment for our pain, suffering, and sickness here on earth.

Remembering Jesus' broken body in Holy Communion is not just a nice sentimental moment when we give thanks that He died and we get to go to Heaven. It is a divine moment. The word used for Communion in the original Greek is the word *koinonia*, meaning "fellowship." It also has the idea of an intimate participation. Whenever you participate in Holy Communion it is a time of intimacy between you and the Lord.

Let's prepare to take Holy Communion. It is open to every believer and includes that person's children. The blood of the Passover lamb that the Israelites applied to their door posts and lintel covered the whole family including the children. Nowhere in Scripture do you find any prohibitions for believers taking Communion on their own. Christ has qualified you to take Communion on your own, and it is not so much *where* you partake of the Communion as it is with *whom* you partake. The Lord's Supper is a special meal in which you have intimate communion with your Savior, remembering with thankfulness all He has done for you. Jesus said directly to His disciples, "Do this often in remembrance of Me"(I Cor. 1:24-25). The Lord loves a humble and grateful heart. Repent of any sins the Lord makes you aware of. Ask Him if there is anyone you need to forgive or you have been unkind to. Do not keep bitterness or unforgiveness inside of you. It will destroy you. I like to spend some time in worship and reading His Word first as well. Holy Communion is a remembrance but so much more. It is a powerful weapon in spiritual warfare. The blood of Jesus is the legal basis for all victory. The blood of Jesus sets us free. Enjoy this intimate relationship with your Lord and Savior that cost Him His life. When you have Him, you have everything.

References: The Power of Communion by Beni Johnson, Eat Your Way To Life and Health by Joseph Prince

Holy Communion

Bread

"Lord Jesus, thank You that You love me so much You allowed Your body to be broken so mine can be whole. Right now, I receive Your wholeness, Your strength, and Your divine health."

Cup

"Thank You for Your precious blood, which has cleansed me of every sin. Right now, I can come boldly to Your throne of grace, knowing I am completely righteous, knowing my prayers avail much!"