

“I am the
bread
which came
down from
heaven.”

John 6:41



Highlights

1. Why do we need Communion?
2. Why should we fast before it?
3. Why bread and wine?
4. Is it a true Body and Blood or just a symbol?
5. How can I prepare myself?
6. Do we offer many Christ(s)?

I. Why do we need Communion ⁽¹⁾

1. This is “Life” for us:

- “I am the living bread that came down out of heaven; if anyone eats of this bread, he will live forever; and the bread also which I will give for the life of the world is My flesh.” *John 6:51*



I. Why do we need the Communion ⁽²⁾

1. This is “Life” for us: (Cont.)

- “Truly, truly, I say to you, unless you eat the flesh of the Son of Man and drink His blood, you have no life in yourselves” *John 6:53*



My life is in
you Lord

I. Why do we need the Communion ⁽³⁾

2. Through it, we rise at the last day:

- “He who eats My flesh and drinks My blood has eternal life, and I will raise him up on the last day”

John 6:54



IN THE HEAVENLY REALMS IN CHRIST JESUS
GOD RAISED US UP WITH CHRIST AND SEATED US WITH HIM

I. Why do we need the Communion ⁽⁴⁾

3. For the forgiveness of our sins:

- “For this is My blood of the new covenant, which is shed for many for the remission of sins”

Matthew 26:28

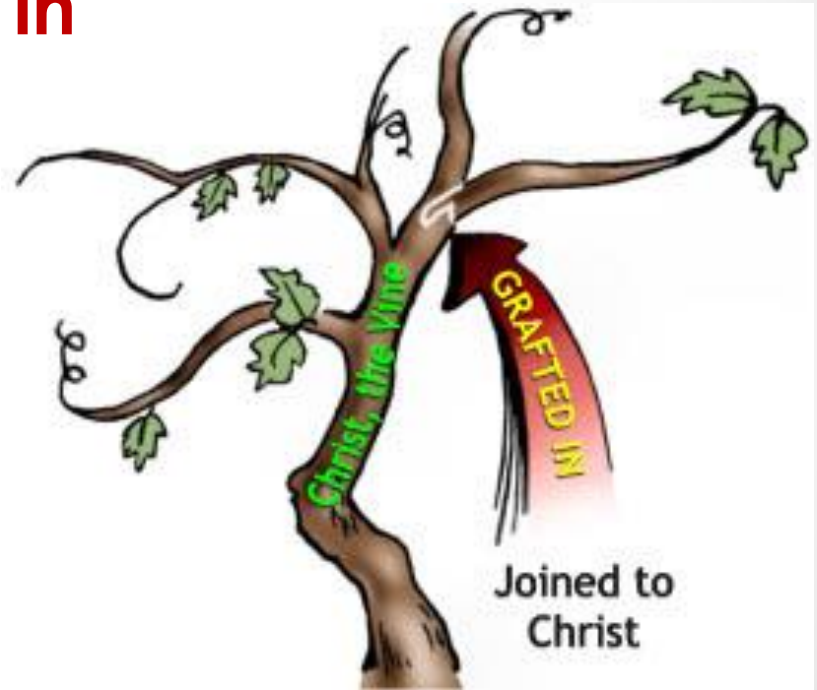


I. Why do we need the Communion ⁽⁵⁾

4. Abiding in Christ and He in us:

- “He who eats My flesh and drinks My blood abides in Me, and I in him.”

John 6:56



I. Why do we need the Communion ⁽⁶⁾

5. Becoming one with each other:

- “For we, though many, are one bread and one body; for we all partake of that one bread.”

1 Corinthians 10:17



I. Why do we need the Communion ⁽⁶⁾

6. Remembering Him and His Salvation:

- “Take, eat; this is My body which is broken for you; do this in remembrance of Me”

1 Corinthians 11:24

- The remembrance of a Present Living Lord



II. Why should we fast before It?

1. The power of fasting and prayers
2. The 9 hours of prayers
3. Eating from Christ's hands:
"Take, eat; this is My body"

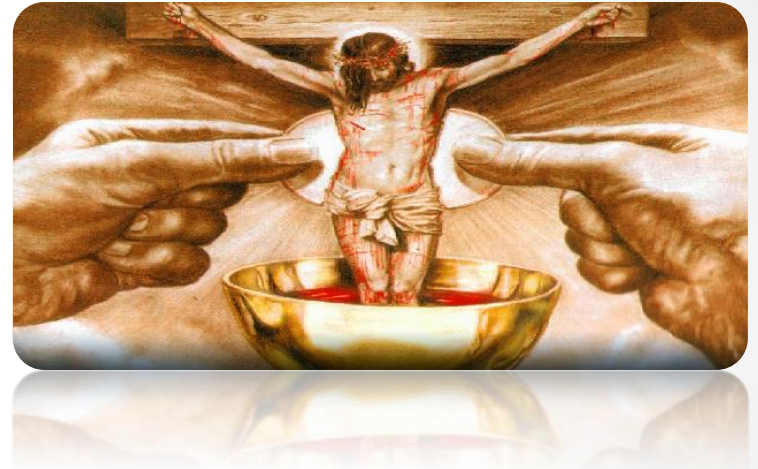
Mark 14:22

4. The offering of Isaac



III. Why bread and wine? ⁽¹⁾

- The death of the grain of wheat
- The grinding of the wheat and the winepress of the grapes
- Many wheat grains and one bread



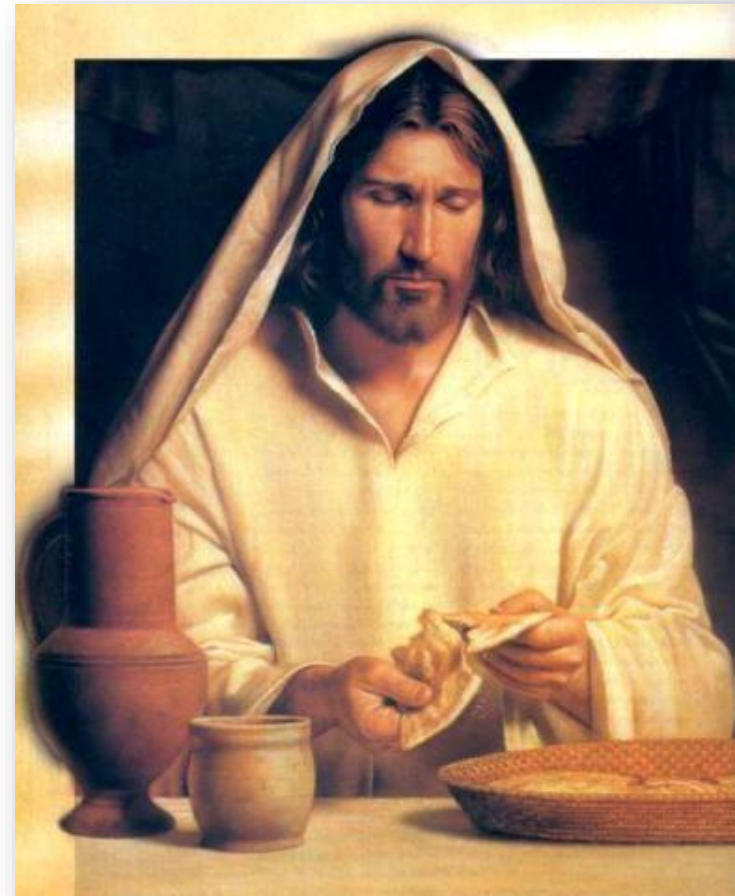
III. Why bread and wine? ⁽²⁾

- Christ, the True Vine
- The water that mixes the flour
- The leaven



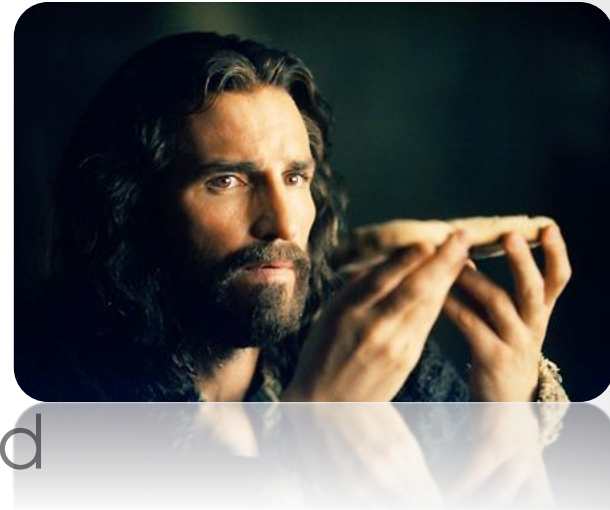
IV. Is it a true Body and Blood or just a symbol?⁽¹⁾

1. The effects of the Eucharist cannot be attained by just a symbol
2. “For My flesh is food indeed, and My blood is drink indeed” *John 6:55*



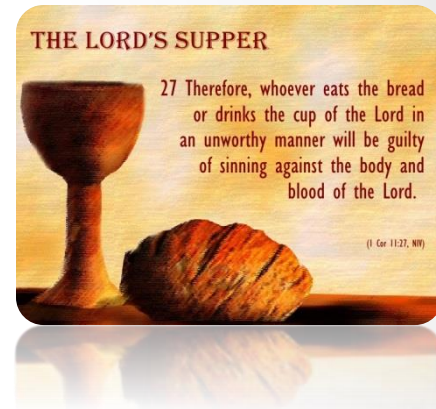
IV. Is it a true Body and Blood or just a symbol?⁽²⁾

3. The Jews understood His words correctly and were offended:
“From that time many of His disciples went back and walked with Him no more. Then Jesus said to the twelve, ‘Do you also want to go away?’” *John 6:66-67*



IV. Is it a true Body and Blood or just a symbol? ⁽³⁾

4. “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. But let a man examine himself, and so let him eat of the bread and drink of the cup. For he who eats and drinks in an unworthy manner eats and drinks judgment to himself, not discerning the
- Lord’s body” *1 Corinthians 11:27-29*



V. How can I prepare myself? ⁽¹⁾

1. Have the right Faith
2. Being baptized in the Church

“No foreigner shall eat it. But every man's servant who is bought for money, when you have circumcised him, then he may eat it” *Exodus 12:43-44*



V. How can I prepare myself? ⁽²⁾

3. Repentance and Confession:

“God is light and in Him is no darkness at all. If we say that we have fellowship with Him, and walk in darkness, we lie and do not practice the truth”

1 John 1:5-6



V. How can I prepare myself? ⁽³⁾

4. Being reconciled with my brethren:
“Therefore if you bring your gift to the altar, and there remember that your brother has something against you, leave your gift there before the altar, and go your way. First be reconciled to your brother, and then come and offer your gift”



Matthew 5: 23-24

V. How can I prepare myself? ⁽⁴⁾

5. Being sanctified through the Liturgy:

“I love those who love me,
And those who seek me
diligently will find me”

Proverbs 8:17



VI. Do we offer many Christ (s)?

- What we partake from is the same Lord Christ who offered Himself once
- The sacrifice of the Lord's Body is never limited in time or space

