

A Christian and the Holy Communion

A powerful reminder of the cross of Jesus

Fredrick G. Omondi

**A Christian
and
The Holy Communion**

Fredrick G. Omondi

Unless otherwise indicated, all scripture quotations are taken from King James Version of the Holy Bible.

Copyright © 2015 by:

Fredrick G. Omondi

ISBN:978-9914-9749-3-5

Design and Layout© Beautex Image Designs

First Published 2015 By:

Inspirational Publications

P.O Box 14500 – 00400 Nairobi

Kenya. East Africa

All rights reserved; no part of this publication may be reproduced, stored in a retrieval system, transmitted in any form or by any means, electronic, mechanical, photocopying, recording, or otherwise, without the prior permission of the publisher.

INTRODUCTION

I found it quite necessary to come up with this book after realizing that in many churches the noble thing the Holy Communion or the Lord's Supper as some call it, have been almost forgotten and it can take months on end without partaking of this very important communion as the Church of Jesus Christ and by extension of course, the bride of Christ the Lamb of God. The Lord God commanded the Israelites to observe the pass over feast in all generations beginning the time of their deliverance from bondage in Egypt and the Lord Jesus Christ also instituted it at the time he was about to be crucified on the so as to atone for the sins of mankind by his own blood. The Lord instructed his disciples to continue to partake of the supper till he comes back for them. But what we are experiencing now in the Christian fraternity shows a sorry picture. Christians need to repent and turn back to the first love, which the early church had regarding all the issues pertaining to the Christian Walk. The Lord's Supper as you partake of it, it rings a bell to your dear soul that you are heaven bound

and need be ready at all times as the holy bride of Christ. (Exodus 12:1-42, Matthew 26:17-30, Revelation 19: 6-9; 2:1-7).

In this book and in all my other books, I have endeavoured to restrict myself in King James version of the Holy Bible in quotations and the subsequent texts, as it is the best ever translation in English and in case you are uncomfortable with of don't despair, as all is well and not lost. Whenever you find I have given a scripture quotation, just go to your Bible (whatever version it is) and read and you will be in the same page with me in your reading.

CONTENTS

Introduction	3
Chapter One	6
The origin of the Holy Communion	
Chapter Two	34
The Church and the Holy Communion	
Chapter Three	40
Candidates for the Holy Communion	
Chapter Four	56
Importance of the Holy Communion	
Chapter Five	68
Preparation for the Holy Communion	
Chapter Six	76
Frequency of the Holy Communion	
Chapter Seven	93
Heaven and the Holy Communion	

Chapter One

The origin of the Holy Communion

In ancient Israel there were seven religious festivals (holy celebrations) that were established by God.

These were as follows hereunder:

1. The Passover (Pesach, Hebrew) Leviticus 23:5
2. The Feast of Unleavened Bread (Matzoth, Hebrew) Leviticus 23:6-8
3. The Day of First Fruits (Bikkurim, Hebrew) Leviticus 23:9-12
4. The Feast of Weeks (Shabuoth, Hebrew) Leviticus 23:12-22
5. The Day of Trumpets (Rosh Hashanah, Hebrew) Leviticus 23:23-25
6. The Day of Atonement (Yom Kippur, Hebrew) Leviticus 23:26-32
7. The Feast of Tabernacles (Booths or Ingathering) (Sukkoth, Hebrew) Leviticus 23:33-43

And there went out the king of Sodom, and the king of Gomorrah, and the king of Admah, and the king of Zeboiim, and the king of Bela (the same is Zoar;) and they joined battle with them in the vale of Siddim; With Chedorlaomer the king of Elam, and with Tidal king of nations, and Amraphel king of Shinar, and Arioch king of Ella-sar; four kings with five.

And the vale of Siddim was full of slime pits; and the kings of Sodom and Gomorrah fled, and fell there; and they that remained fled to the mountain.

And they took all the goods of Sodom and Gomorrah, and all their victuals, and went their way.

And they took Lot, Abram's brother's son, who dwelt in Sodom, and his goods, and departed.

And there came one that had escaped, and told Abram the Hebrew; for he dwelt in the plain of Mam'-re, the Am'-o-rite, brother of Esh'-col, and brother of Aner: and these were confederate with Abram.

And when Abram heard that his brother was taken captive, he armed his trained servants, born in his

own house, three hundred and eighteen, and pursued them unto Dan.

And he divided himself against them, he and his servants, by night, and smote them, and pursued them unto Ho'-bah which is on the left hand of Damascus.

And he brought back all the goods, and also brought again his brother Lot, and his goods, and the women also, and the people.

And the king of Sodom went out to meet him after his return from the slaughter of Ched-or-la-o'mer, and of the kings that were with him, at the valley of Sha'-veh, which is the king's dale.

And Mel-chiz'-ed-ek king of Sa'-lem brought forth bread and wine: and he was the priest of the most high God.

And he blessed him, and said, Blessed be Abram of the most high God, possessor of heaven and earth: And blessed be the most High God, which hath delivered thine enemies into thy hand. And he gave him tithes of all.

Genesis 14:8-20

From the above incident we can see that Melchizedek king of Salem brought forth bread and wine and gave (blessed) Abram with them. The same Melchizedek was the priest of the most high God and we can see that he was the Son of God, the Messiah who was to come (Hebrews 7:1-3). It follows therefore that the event was pointing to the coming deliverance of the children of Israel from bondage in Egypt (Exodus 12) and the redemption of all mankind from sin (Matthew 26:26-29, 1 Corinthians 11:23-25, Romans 3:23-26, 1 Peter 1:18-20). We need to remember that Jesus Christ said his body was the bread of life/meat and his blood was drink indeed/wine (John 6:47-56). Bread and wine that was given to Abram symbolized / depicted the body and blood of the coming Messiah, Jesus Christ the Son of the Living God, the most high God.

Now coming to the Passover, which is the subject of our discussion, we find that it was being held on the fourteenth day of the first month which was first being called Abib in the Jewish calendar

(Exodus 13:4-5; 23:15) and later after the captivity of the Jews in Jerusalem by King Nebuchadnezzar during the reign of king Jeconiah of Judah (Jeremiah 25:1-9), the name of the month was called Nisan (Nehemiah 2:1, Esther 3:7). The period usually falls around the month of March-April. Let us now turn to the book that first records this festival. (Exodus 12)

AND the LORD spake unto Moses and Aaron in the land of Egypt, saying,

This month shall be unto you the beginning of months: it shall be the first month of the year to you.

Speak ye unto all the congregation of Israel, saying, In the tenth day of this month they shall take to them every man a lamb, according to the house of their fathers, a lamb for a house:

And if the house be too little for the lamb, let him and his neighbour next unto his house take it according to the number of the souls; every man according to his eating shall make your count for the lamb.

Your lamb shall be without blemish, a male of the first year: ye shall take it out from the sheep, or from the goats:

And ye shall keep it up until the fourteenth day of the same month: and the whole assembly of the congregation of Israel shall kill it in the evening.

And they shall take of the blood, and strike it on the two side posts and on the upper door post of the houses, wherein they shall eat it.

And they shall eat the flesh in that night, roast with fire, and unleavened bread; and with bitter herbs they shall eat it.

Eat not of it raw, nor sodden at all with water, but roast with fire; his head with his legs, and with the purtenance thereof.

And ye shall let nothing of it remain until the morning; and that which remaineth of it until morning ye shall burn with fire.

And thus shall ye eat it; with your loins girded, your shoes on your feet, and your staff in your hand; and ye shall eat it in haste: it is the LORD'S pass over.

For I will pass through the land of Egypt this night, and will smite all the first-born in the land of Egypt, both man and beast; and against all the gods of Egypt I will execute judgement: I am the LORD. And the blood shall be to you for a token upon the houses where ye are: and when I see the blood, I will pass over you, and the plague shall not be upon you to destroy you, when I smite the land of Egypt. And this day shall be unto you for a memorial; and ye shall keep it a feast to the LORD throughout your generations; ye shall keep it a feast by an ordinance for ever.

Seven days shall ye eat unleavened bread; even the first day ye shall put away leaven out of your houses: for whosoever eateth leavened bread from the first day until the seventh day, that soul shall be cut off from Israel.

And in the first day there shall be a holy convocation, and in the seventh day there shall be a holy convocation to you; no manner of work shall be done in them, save that which every man must eat, that only may be done of you.

And ye shall observe the feast of unleavened bread; for in this selfsame day have I brought your armies out of the land of Egypt: therefore shall ye observe this day in your generations by an ordinance for ever.

In the first month, on the fourteenth day of the month at even, ye shall eat unleavened bread, until the one and twentieth day of the month at even.

Seven days shall there be no leaven found in your houses: for whosoever eateth that which is leavened, even that soul shall be cut off from the congregation of Israel, whether he be a stranger, or born in the land.

Ye shall eat nothing leavened; in all your habitations shall ye eat unleavened bread.

Then Moses called for all the elders of Israel, and said unto them, Draw out and take you a lamb according to your families, and kill the pass over.

And ye shall take a bunch of hyssop, and dip it in the blood that is in the basin, and strike the lintel and the two side posts with the blood that is in the basin; and none of you shall go out at the door of his house until the morning.

For the LORD will pass through to smite the Egyptians; and when he seeth the blood upon the lintel, and on the two side posts, the LORD will pass over the door, and will not suffer the destroyer to come in unto your houses to smite you.

And ye shall observe this thing for an ordinance to thee and to thy sons for ever.

And it shall come to pass, when ye be come to the land which the LORD will give you, according to as he hath promised, that ye shall keep this service.

And it shall come to pass, when your children shall say unto you,

What mean ye by this service?

That ye shall say, it is the sacrifice of the LORD'S pass over, who passed over the houses of the children of Israel in Egypt, when he smote the Egyptians, and delivered our houses. And the people bowed the head and worshiped.

And the children of Israel went away, and did as the LORD had commanded Moses and Aaron, so did they.

And it came to pass, that at midnight the LORD smote all the first-born in the land of Egypt, from

the first-born of Pharaoh that sat on his throne unto the first-born of the captive that was in the dungeon; and all the first born of cattle.

And Pharaoh rose up in the night, he, and all his servants, and all the Egyptians; and there was a great cry in Egypt; for there was not a house where there was not one dead.

And he called for Moses and Aaron by night, and said, Rise up, and get you forth from among my people, both ye and the children of Israel; and go, serve the LORD, as ye have said.

Also take your flocks and your herds, as ye have said, and be gone; and bless me also.

And the Egyptians were urgent upon the people, that they might send them out of the land in haste; for they said, we be all dead men.

And the people took their dough before it was leavened, their kneading troughs being bound up in their clothes upon their shoulders.

And the children of Israel did according to the word of Moses; and they borrowed of the Egyptians Jewels of silver, and Jewels of gold, and raiment:

And the LORD gave the people favor in the sight of the Egyptians, so that they lent unto them such things as they required. And they spoiled the Egyptians.

And the children of Israel journeyed from Ram'-esses to Suc'-coth, about six hundred thousand on foot that were men, beside children.

And a mixed multitude went up also with them; and flocks and herds, even very much cattle.

And they baked unleavened cakes of the dough which they brought forth out of Egypt, for it was not leavened; because they were thrust out of Egypt, and could not tarry, neither had they prepared for themselves any victual.

Now the sojourning of the children of Israel, who dwelt in Egypt, was four hundred and thirty years.

And it came to pass at the end of the four hundred and thirty years, even the self same day it came to pass, that all the hosts of the LORD went out from the land of Egypt.

It is a night to be much observed unto the LORD for bringing them out from the land of Egypt: this is

that night of the LORD to be observed of all the children of Israel in their generations.

And the LORD said unto Moses and Aaron, This is the ordinance of the pass over: There shall no stranger eat thereof.

But every man's servant that is bought for money, when thou hast circumcised him, then shall he eat thereof.

A foreigner and a hired servant shall not eat thereof.

In one house shall it be eaten; thou shalt not carry forth aught of the flesh abroad out of the house; neither shall ye break a bone thereof.

All the congregation of Israel shall keep it.

And when a stranger shall sojourn with thee, and will keep the pass over to the LORD, let all his males be circumcised, and then let him come near and keep it; and he shall be as one that is born in the land: for no uncircumcised person shall eat thereof.

One law shall be to him that is home born, and unto the stranger that sojourneth among you.

Thus did all the children of Israel; as the LORD commanded Moses and Aaron, so did they.

And it came to pass the selfsame day, that the LORD did bring the children of Israel out of the land of Egypt by their armies.

Exodus 12

We have some lessons to learn from the above scripture as Christians (the children of God and also the spiritual Israel) and also it touches on the children of Israel then and Jesus Christ the Redeemer of mankind who was to come to bring redemption to the world.

- Verse 1-2 it was to be considered so by the children of Israel who were going to begin a new life out of the bondage they were in the land of Egypt.
- Verse 3-5 the lamb they were to take had to be without blemish. But why? Because the lamb was a fore shadow of the Lamb of God who would come as a perfect lamb for the redemption of mankind.
- Verse 6-7 The lamb they took had to be killed in order to get its blood (please do

note that life is in the blood and also it is blood which was used for the atonement of sin- Leviticus 17:10-14) and therefore it was not to be eaten but to be used for its useful purpose (verse 7).

- Verse 8-9 the flesh of the lamb was to be eaten with unleavened bread and with bitter herbs. The Lamb of God who would come as the bread of life is perfect and would live a perfect life free from any sin- leaven corrupts the dough and makes bread not only to look bigger in size out of the dough but is also perishable and therefore leaven depicts sin which is rottenness. Taking leavened bread was likened to having sin in life. Bitter herbs symbolized the sufferings they had gone through in the land of Egypt and also the sufferings Jesus Christ would go through in life to bring redemption to mankind and by extension the sufferings the children of God (the Church of Christ) would go through in life.

- Verse 10-13 the blood that was to be put on the two side posts and on the upper door post of the houses was to be a token for God to see and pass over the houses when bringing destruction in the houses of the Egyptians in the night but with the children of Israel they were to be spared.
- Verse 14-20 there was to be no eating of leavened bread and no keeping of leaven in their houses or else they would suffer consequences. It is the same with the Lord's Supper today one has to examine one's life if there is any sin before one goes ahead to partake of it after repenting of any sin found in life; which if not done and one partakes of it carelessly, one for sure must suffer consequences- sickness and even death.
- Verse 21-28 they were to observe that service of the pass over feast for ever. The Church of Christ need to do the same until she is taken home to be with the Lord forever.

- Verse 43-51 the pass over feast was a special feast for the children of Israel and not anyone was allowed to partake of it save for them and those who are from without who have accepted and have undergone what they had undergone circumcision (for the males) so that they are at par. Circumcision was a covenant between them and their God hence the need for outsiders to be circumcised before partaking of the feast.
- It is the same today in the Church of Christ- only true believers in Christ Jesus are the candidates for the Holy Communion and not mere church goers who have not crossed over to Christ. The bone of the lamb was not to be broken as the lamb symbolized the coming Lamb of God and whose bone would not be broken.

Exodus 12

And the LORD spake unto Moses, saying,

Speak unto the children of Israel, and say unto them, concerning the feasts of the LORD, which ye shall proclaim to be holy convocations, even these are my feasts.

Six days shall work be done: but the seventh day is the Sabbath of rest, a holy convocation; ye shall do no work therein: it is the Sabbath of the LORD in all your dwellings.

These are the feasts of the LORD, even holy convocations, which ye shall proclaim in their seasons.

In the fourteenth day of the first month at even is the LORD'S pass over.

Leviticus 23:1-5

AND the LORD spake unto Moses in the wilderness of Si'-nai, in the first month of the second year after they were come out of the land of Egypt, saying,

Let the children of Israel also keep the pass over at his appointed season.

In the fourteenth day of this month, at even, ye shall keep it in his appointed season: according to

all the rites of it, and according to all the ceremonies thereof, shall ye keep.

And Moses spake unto the children of Israel, that they should keep the pass over.

And they kept the pass over on the fourteenth day of the first month at even in the wilderness of Si'-nai: according to all that the LORD commanded Moses, so did the children of Israel.

Numbers 9:1-5

The Lord God was serious with what he had instituted and was careful to remind Moses to tell the children of Israel to do the necessary at its appropriate time. And it was done, regardless being on a journey in the wilderness!! What a contrast to the churches today, doing it at their own leisure. Pastors need be careful as the Lord of hosts will hold them accountable.

AND it came to pass, when all the kings of the Am'-o-rites, which were on the side of Jordan westward, and all the kings of the Ca'-na-an-ites, which were by the sea, heard that the LORD had dried up the waters of Jordan from before the

children of Israel, until we were passed over, that their heart melted, neither was there spirit in them any more, because of the children of Israel.

At that time the LORD said unto Joshua, Make thee sharp knives, and circumcise again the children of Israel the second time.

And Joshua made him sharp knives and circumcised the children of Israel at the hill of the foreskins.

And this is the cause why Joshua did circumcise: all the people that came out of Egypt, that were males, even all the men of war, died in the wilderness by the way, after they came out of Egypt.

Now all the people that came out were circumcised: but all the people that were born in the wilderness by the way as they came forth out of Egypt, them they had not circumcised.

For the children of Israel walked forty years in the wilderness, till all the people that were men of war, which came out of Egypt, were consumed, because they obeyed not the voice of the LORD: unto whom the LORD sware that he would not show

them the land, which the LORD swore unto their fathers that he would give us, a land that floweth with milk and honey.

And their children, whom he raised up in their stead, them Joshua circumcised: for they were uncircumcised, because they had not circumcised them by the way.

And it came to pass, when they had done circumcising all the people, that they abode in their places in the camp, till they were whole.

And the LORD said unto Joshua,
This day have I rolled away the reproach of Egypt from off you.

Wherefore the name of the place is called Gil'-gal unto this day.

And the children of Israel encamped in Gil'-gal, and kept the pass over on the fourteenth day of the month at even in the plains of Jericho.

Joshua 5:1-10

Still the pattern had been followed of keeping the pass over.

MOREOVER Jo-si'-ah kept a pass over unto the LORD in Jerusalem: and they killed the pass over on the fourteenth day of the first month.

And he set the priests in their charges, and encouraged them to the service of the house of the LORD.

And said unto the Levites that taught all Israel, which were holy unto the LORD, Put the holy ark in the house which Solomon the son of David king of Israel did build; it shall not be a burden upon your shoulders: serve now the LORD your God, and his people Israel,

And prepare yourselves by the houses of your fathers, after your courses, according to the writing of David king of Israel, and according to the writing of Solomon his son.

And stand in the holy place according to the divisions of the families of the fathers of your brethren the people, and after the division of the families of the Levites.

So kill the pass over, and sanctify yourselves, and prepare your brethren, that they may do according to the word of the LORD by the hand of Moses.

And Jo-si'-ah gave to the people, of the flock, lambs and kids, all for the pass over offerings, for all that were present, to the number of thirty thousand, and three thousand bullocks: these were of the king's substance.

And his princes gave willingly unto the people, to the priests, and to the Levites: Hil-ki'-ah and Zech-a-ri'-ah and Je-hi'-el, rulers of the house of God, gave unto the priests for the pass over offerings two thousand and six hundred small cattle, and three hundred oxen.

Co-na-ni'-ah also, and Shem-ai'-ah and Nethan'-eel, his brethren, and Hash-a-bi'-ah and Jei'-el and Jo'-za-bad, chief of the Levites, gave unto the Levites for pass over offerings five thousand small cattle, and five hundred oxen.

So the service was prepared and the priests stood in their place, and the Levites in their courses, according to the king's commandment.

And they killed the pass over, and the priests sprinkled the blood from their hands, and the Levites flayed them.

And they removed the burnt offerings, that they might give according to the divisions of the families of the people to offer unto the LORD, as it is written in the book of Moses. And so did they with the oxen.

And they roasted the pass over with fire according to the ordinance: but the other holy offerings sod they in pots, and in caldrons, and in pans, and divided them speedily among all the people.

And afterward they made ready for themselves, and for the priests: because the priests the sons of Aaron were busied in offering of burnt offerings and the fat until night; therefore the Levites prepared for themselves, and for the priests the sons of Aaron.

And the singers of the sons of A'-saph were in their place, according to the commandment of David, and A'-saph, and He'-man, and Je-du'-thun the king's seer, and the porters waited at every gate; they might not depart from their service; for their brethren the Levites prepared for them.

So all the service of the LORD was prepared the same day, to keep the pass over, and to offer burnt

offerings upon the altar of the LORD, according to the commandment of king Jo-si'-ah.

And the children of Israel that were present kept the pass over at that time, and the feast of unleavened bread seven days.

And there was no pass over like to that kept in Israel from the days of Samuel the prophet; neither did all the things of Israel keep such a pass over as Jo-si'-ah kept, and the priests, and the Levites, and all Judah and Israel that were present, and the inhabitants of Jerusalem.

In the eighteenth year of the reign of Jo-si'-ah was this Passover kept.

2 Chronicles 35:1-19

The purpose of the pass over feast was for the deliverance of the children of Israel from bondage in Egypt. After the institution of the pass over, the feast would be reminding them of their deliverance from bondage in Egypt as well as how God passed over their houses and spared their first-borns when the Lord was killing the first-borns of all the Egyptians both of man and beast.

OBSERVE the month of Abib, and keep the pass over unto the LORD thy God: for in the month of Abib the LORD thy God brought thee forth out of Egypt by night.

Thou shalt therefore sacrifice the pass over unto the LORD thy God, of the flock and the herd, in the place which the LORD shall choose to place his name there.

Thou shalt eat no leavened bread with it; seven days shalt thou eat unleavened bread therewith, even the bread of affliction; for thou camest forth out of the land of Egypt in haste: that thou mayest remember the day when thou camest forth out of the land of Egypt all the days of thy life.

And there shall be no leavened bread seen with thee in all thy coast seven days; neither shall there anything of the flesh, which thou sacrificedst the first day at even, remain all night until the morning.

Thou mayest not sacrifice the pass over within any of thy gates, which the LORD thy God giveth thee: But at the place which the LORD thy God shall choose to place his name in, there thou shalt sacrifice the pass over at even, at the going down of

the sun, at the season that thou camest forth out of Egypt.

And thou shalt roast and eat in the place which the LORD thy God shall choose: and there shalt turn in the morning, and go unto thy tents.

Six days thou shalt eat unleavened bread: and on the seventh day shall be a solemn assembly to the LORD thy God: thou shalt do no work therein.

Deuteronomy 16:1-8

You can see from the above scripture that because of the importance of the pass over which first occurred as recorded earlier in the book of Exodus (Exodus 12), God added the pass over feast to be part of his commandments to be now observed by the children of Israel in remembrance to their deliverance from the land of Egypt out of their bondage and that they need to remember all the day of their lives that experience - meaning continual celebration every year.

And the children of Israel, the priests, and the Levites, and the rest of the children of the captivity, kept the dedication of this house of God with joy,

And offered at the dedication of this house of God a hundred bullocks, two hundred rams, four hundred lambs; and for a sin offering for all Israel twelve he goats, according to the number of the tribes of Israel.

And they set the priests in their divisions, and the Levites in their courses, for the service of God, which is at Jerusalem; as it is written in the book of Moses.

And the children of captivity kept the pass over upon the fourteenth day of the first month.

For the priests and the Levites were purified together, all of them were pure, and killed the pass over for all the children of the captivity, and for their brethren the priests, and for themselves.

And the children of Israel, which were come against out of captivity, and all such as had separated themselves unto them from the filthiness of the heathen of the land, to seek the LORD God of Israel, did eat,

And kept the feast of unleavened bread seven days with joy: for the LORD had made them joyful, and turned the heart of the king of Assyria unto them, to

strengthen their hands in the work of the house of God, the God of Israel.

Ezra 6:16-22

During the time of Ezra when the children of Israel were returning from exile Ezra as a leader, saw it fit to restore the pass over feast after the temple in Jerusalem had been built again for the pass over was to be observed throughout all generations.

Chapter Two

The Church and the Holy Communion

Now we come to see how the Church of God is related to the Holy Communion.

Now the first day of the feast of unleavened bread the disciples came to Jesus, saying unto him, where wilt thou that we prepare for thee to eat the pass over?

And he said, Go into the city to such a man, and say unto him, The Master saith, My time is at hand; I will keep the pass over at thy house with my disciples.

And the disciples did as Jesus had appointed them; and they made ready the pass over.

Now when the even was come, he sat down with the twelve.

And as they did eat, he said, Verily I say unto you, that one of you shall betray me.

And they were exceeding sorrowful, and began every one of them to say unto him, Lord, is it I?

And he answered and said, He that dippeth his hand with me in the dish, the same shall betray me.

The Son of man goeth as it is written of him: but woe unto that man by whom the Son of man is betrayed! It had been good for that man if he had not been born.

Then Judas, which betrayed him, answered and said, Master, is it I? He said unto him, Thou hast said,

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.

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.

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

And when they had sung a hymn, they went out into the Mount of Olives.

Matthew 26:17-30

We are told this was the last Supper the Lord took with his disciples before going to the cross and finally his ascension back to his Father in heaven.

Unlike with the children of Israel where a young lamb without blemish of the age of one year and male was offered as the pass over. Here it was going to be different in that from henceforth Christ Himself was going to substitute himself as the pass over lamb for mankind for the remission of their sins. I doubt if the disciples enjoyed this Supper going by what the Lord was telling them, it somehow looked like seeing and hearing something out of a movie on a screen. Now let me bring you to another area where we find that the pass over was still being observed even before and after the birth of Jesus Christ.

And, behold, there was a man in Jerusalem, whose name was Simeon; and the same man was just and devout, waiting for the consolation of Israel: and the Holy Ghost was upon him.

And it was revealed unto him by the Holy Ghost, that he should not see death, before he had seen the Lord's Christ.

And he came by the Spirit into the temple: and when the parents brought in the child Jesus, to do for him after the custom of the law,
Then took he him up in his arms, and blessed God, and said,
Lord, now lettest thou thy servant depart in peace, according to thy word:
For mine eyes have seen thy salvation,
Which thou hast prepared before the face of all people;
A light to lighten the Gentiles, and the glory of thy people Israel.
And Joseph and his mother marvelled at those things which were spoken of him.
And Simeon blessed them, and said unto Mary his mother, Behold, this child is set for the fall and rising again of many in Israel; and for a sign which shall be spoken against;
(Yea, a sword shall pierce through thy own soul also,) that the thoughts of many hearts may be revealed.
And there was one Anna, a prophetess, the daughter of Phan'-u-el, of the tribe of Asher: she was of a

great age, and had lived with a husband seven years from her virginity;

And she was widow of about fourscore and four years, which departed not from the temple, but served God with fastings and prayers night and day. And she coming in that instant gave thanks likewise unto the Lord, and spake of him to all them that looked for redemption in Jerusalem.

And when they had performed all things according to the law of the Lord, they returned into Galilee, to their own city Nazareth.

And the child grew, and waxed strong in spirit, filled with wisdom: and the grace of God was upon him.

Now his parents went to Jerusalem every year at the feast of the pass over.

And when he was twelve years old, they went up to Jerusalem after the custom of the feast.

Luke 2:25-42

Chapter Three

Candidates for the Holy Communion

Now touching on the right candidates for the Holy Communion, those who qualify to partake the Holy Communion at the Lord's Table, we do have two categories.

Those who were in the Old Testament period and those now in this New Testament period. I will begin by the former, by directing attention to a scripture in the Old Testament.

AND the LORD spake unto Moses and Aaron in the land of Egypt, saying,

This month shall be unto you the beginning of months: it shall be the first month of the year to you.

Speak ye unto all the congregation of Israel, saying, In the tenth day of this month they shall take to them every man a lamb, according to the house of their fathers, a lamb for a house:

And if the household be too little for the lamb, let him and his neighbour next unto his house take it according to the number of the souls; every man

according to his eating shall make your count for the lamb.

Your lamb shall be without blemish, a male of the first year: ye shall take it out from the sheep, or from the goats:

And ye shall keep it up until the fourteenth day of the same month: and the whole assembly of the congregation of Israel shall kill it in the evening.

And they shall take the blood, and strike it on the two side posts and on the upper door post of the houses, wherein they shall eat it.

And they shall eat the flesh in that night roast with fire, and unleavened bread; and with bitter herbs they shall eat it.

Eat not of it raw, nor sodden at all with water, but roast with fire; his head with his legs, and with the purtenance thereof.

And ye shall let nothing of it remain until the morning; and that which remaineth of it until morning ye shall burn with fire.

And thus shall ye eat it; with your loins girded, your shoes on your feet, and your staff in your

hand, and ye shall eat it in haste: it is the LORD's pass over.

For I will pass through the land of Egypt this night, and will smite all the first-born in the land of Egypt, both man and beast; and against all the gods of Egypt I will execute judgement: I am the LORD. And the blood shall be to you for a token upon the houses where ye are: and when I see the blood, I will pass over you, and the plague shall not be upon you to destroy you, when I smite the land of Egypt. And this day shall be unto you for a memorial; and ye shall keep it a feast to the LORD throughout your generations; ye shall keep it by an ordinance for ever.

Seven days shall ye eat unleavened bread; even the first day ye shall put away leaven out of your houses: for whosoever eateth leavened bread from the first day until the seventh day, that soul shall be cut off from Israel.

And in the first day there shall be a holy convocation, and in the seventh day there shall be a holy convocation to you; no manner of work shall

be done in them, save that which every man must eat, that only may be done of you.

And ye shall observe the feast of unleavened bread; for in this selfsame day have I brought your armies out of the land of Egypt: therefore shall ye observe this day in your generations by an ordinance for ever.

In the first month, on the fourteenth day of the month at even, ye shall eat unleavened bread, until the one and twentieth day of the month at even.

Seven days shall there be no leaven found in your houses: for whosoever eateth that which is leavened, even that soul shall be cut off from the congregation of Israel, whether he be a stranger, or born in the land.

Ye shall eat nothing leavened; in all your habitations shall ye eat unleavened bread.

Then Moses called for all the elders of Israel, and said unto them, Draw out and take you a lamb according to your families, and kill the pass over.

And ye shall take a bunch of hyssop, and dip it in the blood that is in the basin, and strike the lintel and the two side posts with the blood that is in the

basin; and none of you shall go out at the door of his house until the morning.

For the LORD will pass through to smite the Egyptians; and when he seeth the blood upon the lintel, and on the two side posts, the LORD will pass over the door, and will not suffer the destroyer to come in unto your houses to smite you.

And ye shall observe this thing for an ordinance to thee and to thy sons for ever.

And it shall come to pass, when ye be come to the land which the LORD will give you, according as he hath promised, that ye shall keep this service.

And it shall come to pass, when your children shall say unto you, what mean ye by this service?

That ye shall say, it is the sacrifice of the LORD's pass over, who passed over the houses of the children of Israel in Egypt, when he smote the Egyptians, and delivered our houses. And the people bowed the head and worshiped.

And the children of Israel went away, and did as the LORD had commanded Moses and Aaron, so did they.

**And the LORD said unto Moses and Aaron,
This is the ordinance of the pass over: There
shall no stranger eat thereof:**

But every man's servant that is bought for money,
**when thou hast circumcised him, then shall he
eat thereof.**

**A foreigner and a hired servant shall not eat
thereof**

In one house shall it be eaten; thou shalt not carry
forth aught of the flesh abroad out of the house;
neither shall ye break a bone thereof.

All the congregation of Israel shall keep it.

And when a stranger shall sojourn with thee, and
will keep the pass over to the LORD, let all his
males be circumcised, and then let him come near
and keep it; and he shall be as one that is born in
the land: for **no uncircumcised person shall eat
thereof.**

One law shall be to him that is home born, and unto
the stranger that sojourned among you.

Thus did all the children of Israel; as the LORD
commanded Moses and Aaron, so did they.

And it came to pass the self same day, that the LORD did bring the children of Israel out of the land of Egypt by their armies.

Exodus 12:1-28, 43-51

From the above scripture we do see clearly that the pass over of the Lord was to be observed by only the congregation of the children of Israel who were themselves circumcised meaning they have a covenant with the Lord. Exception is only when a stranger, a foreigner or a hired servant want to observe it, the condition was the male must be circumcised first before can be allowed to partake of the same.

Now we will turn to the latter (second) category which is found in the New Testament.

Then came the day of unleavened bread when the pass over must be killed.

And he sent Peter and John, saying, Go and prepare us the pass over, that we may eat.

And they said unto him, where wilt thou that we prepare?

And he said unto them, Behold, when ye are entered into the city, there shall a man meet you, bearing a pitcher of water; follow him into the house where he entereth in.

And ye shall say unto the good man of the house, The Master saith unto thee, **Where is the guest chamber, where I shall eat the pass over with my disciples?**

And he shall show you a large upper room furnished: there make ready.

And they went, and found as he had said unto them: and they made ready the pass over.

And when the hour was come, he sat down, and the twelve apostles with him.

And he said unto them, with desire I have desired to eat this pass over with you before I suffer:

For I say unto you, I will not any more eat thereof, until it be fulfilled in the kingdom of God.

And he took the cup, and gave thanks, and said, Take this, and divide it among yourselves:

For I say unto you, I will not drink of the fruit of the vine, until the kingdom of God shall come.

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.

Likewise also the cup after supper, saying, This cup is the new testament in my blood, which is shed for you:

But, behold, the hand of him that betrayeth me is with me on the table.

And truly the Son of man goeth, as it was determined: but woe unto that man by whom he is betrayed!

And they began to inquire among themselves, which of them it was that should do this thing.

Luke 22:7-23

Now here also it is very, very clear that those that qualify to partake of the Lord's Supper are none other than his disciples/followers (those who have been born-again by the Spirit of God).

Unfortunately that is not the case with some churches who have devised their own version of those to partake the Lord's Supper by including the non-believers (which means every body), as long as you have gone through the catechism the

confirmation process. What a blunder! And why all this confusion? Salvation is not an issue of the mind (head knowledge) but an issue of the state of the heart. That is why many children of Israel perished (died) in the wilderness on their way to the Promised Land Canaan. Although they were circumcised (their body- the male organ) but that only affected their physical life and not their spiritual life (the issue of the heart) and they continued in disobedience to the commandments of God. They could not because they were not spiritual as the Spirit of God was not in them unlike Moses the servant of God and some elders. It was an issue of the heart, which was not right in them. The Israelites experience was but a shadow of things to come (the real things) at the appointed time, when the Son of God was to come to bring a new order/restoration to mankind. The children of Israel were all circumcised as a sign of a covenant between God and them. That is in observing the pass over feast only them and only those outside (strangers etc) who accepted circumcision first, were allowed to participate.

Likewise in this new dispensation, only those whose hearts have been truly circumcised (not the flesh) and have the Spirit of God are eligible/qualify to partake at the Lord's Table. Therefore, any body, wanting to feast at the Lord's Table by taking the holy communion must have Jesus Christ (must be saved, period).

Let me give you the scriptures touching on what I have said above, if you can keenly follow step by step.

He came unto his own, and his own received him not.

But as many as received him, to them gave he power to become the sons of God, even to them that believe on his name. Which were born, not of blood, nor of the will of the flesh, nor of the will of man, but of God.

John 1:11-13

Behold, the days come, saith the LORD, that I will punish all of them which are circumcised with the uncircumcised;

Egypt, and Judah, and E'-dom, and the children of Ammon, and Moab, and all that are in the utmost corners, that dwell in the wilderness: for all these nations are uncircumcised, **and all the house of Israel are uncircumcised in the heart.**

Jeremiah 9:25-26

For what the law could not do, in that it was weak through the flesh, God sending his own Son in the likeness of sinful flesh, and of sin, condemned sin in the flesh:

That the righteousness of the law might be fulfilled in us, who walk not after the flesh, but after the Spirit.

Romans 8:3-4

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.

Which things also we speak, not in the words which man's wisdom teacheth; but which the Holy Ghost teacheth; comparing spiritual things with spiritual.

But the natural man receiveth not the things of the Spirit of God: for they are foolishness unto him: neither can he know them, because they are spiritually discerned.

1 Corinthians 2:12-14

Keep thy heart with all diligence; for out of it are the issues of life.

Proverbs 4:23

FOR the law having a shadow of good things to come, and not the very image of the things, can never with those sacrifices which they offered year by year continually make the comers thereunto perfect.

For then would they not have ceased to be offered? Because that the worshippers once purged should have had no more conscience of sins.

But in those sacrifices there is a remembrance again made of sins every year.

For it is not possible that the blood of bulls and of goats should take away sins.

Wherefore when he cometh into the world, he saith, sacrifice and offering thou wouldest not, but a body hast thou prepared me: in burnt offerings and sacrifices for sin thou hast had no pleasure. Then said I, lo, I come (in the volume of the book it is written of me) to do thy will, O God.

Hebrews 10:1-7

And God said unto Abraham, Thou shalt keep my covenant therefore, thou, and thy seed after thee in their generations.

This is my covenant, which ye shall keep, between me and you and thy seed after thee; Everyman child among you shall be circumcised.

And ye shall circumcise the flesh of your foreskin; and it shall be a token of the covenant betwixt me and you.

And he that is eight days old shall be circumcised among you, every man child in your generations, he that is born in the house or bought with money of any stranger, which is not of thy seed.

He that is born in thy house, and he that is bought with money, must needs be circumcised: and my

covenant shall be in your flesh for an everlasting covenant.

And the uncircumcised man child whose flesh of his foreskin is not circumcised, that soul be cut off from his people; he hath broken my covenant.

Genesis 17:9-14

For we are the circumcision, which worship God in the spirit, and rejoice in Christ Jesus, and have no confidence in the flesh.

Philippians 3:3

Beware lest any man spoil you through philosophy and vain deceit, after the tradition of men, after the rudiments of the world, and not after Christ.

For in him dwelleth all the fullness of the Godhead bodily.

And ye are complete in him, which is the head of all principality and power:

In whom also ye are circumcised with the circumcision made without hands, in putting off the body of sins of the flesh by the circumcision of Christ.

Colossians 2:8-11

Anyone that allows the partaking of the Lord's Supper by everybody regardless of their state (whether not saved) is spoiling people who are not saved by deceiving them, through their philosophy after the tradition of men and after the rudiments of the world. My advice to those who are not saved, don't ever take the holy communion with the saints - your heart must be circumcised first, by Christ Jesus - be saved first. The blood of Jesus must have washed you already.

Chapter Four

Importance of the Holy Communion

The Holy Communion is important to the body of Christ as we are going to see but before we go further, let us take a look at the following scriptures.

Now the first day of the feast of unleavened bread the disciples came to Jesus, saying unto him,
Where wilt thou that we prepare for thee to eat the pass over?

And he said, Go into the city to such a man, and say unto him,

The Master saith, my time is at hand; I will keep the pass over at thy house with my disciples.

And the disciples did as Jesus had appointed them; and they made ready the pass over.

Now when the even was come, he sat down with the twelve.

And as they did eat, he said, Verily I say unto you, that one of you shall betray me.

And they were exceeding sorrowful, and began every one of them to say unto him, Lord, is it I?

And he answered and said, He that dippeth his hand with me in the dish, the same shall betray me.

The Son of man goeth as it is written of him: but woe unto that man by whom the Son of man is betrayed! It had been good for that man if he had not been born.

Then Judas, which betrayed him, answered and said, Master, is it I? He said unto him, Thou hast said.

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.

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 covenant, which is shed for many for the remission of sins.

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.

And when they had sung a hymn, they went out into the Mount of Olives.

Matthew 26:17-30

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 covenant 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 show the Lord's death till he come.

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.

But when we are judged, we are chastened of the Lord, that we should not be condemned with the world.

1 Corinthians 11:23-32

The Lord's supper is important as it helps one to look back on the cross and to look in one's heart and see if it is in line with heaven's requirement and to look up in anticipation for the coming of the Lord to take his Church home.

Purge out therefore the old leaven, that ye may be a new lump, as ye are unleavened. For even Christ our pass over is sacrificed for us:

Therefore let us keep the feast, not with old leaven, neither with the leaven of malice and wickedness; but with the unleavened bread of sincerity and truth.

1 Corinthians 5:7-8

Now from the above scriptures we can see clearly how important the Holy Communion is and that it is something that we need not approach casually.

Jesus Christ the Son of the living God came to the earth as the Lamb of God by taking on a human form (John 1:14) and offered his body as a sacrifice for man's sins, him having the love of the Father (John 3:16, 13:1, Romans 3:23-26) during the Passover feast and he became our Passover lamb and died a substitutory death on our behalf as we were the ones who had sinned before God and deserved the death penalty for the wages of sin is death (Romans 6:23). His death was substitutory in that in the Old Testament animals were killed to atone for the sins of mankind though they sinned not and in God's wisdom brought a perfect way in the New Testament dispensation that man to die for another man (Romans 5:6-8, John 10:10-11, 14-17) and for that reason and because he came from God the Father he was a perfect sacrifice for the atonement of the sins of mankind (Hebrews 7:19-9:28).

From the foregoing therefore the Holy Communion must be strictly observed as often as possible as the Lord instructed his disciples. The born again are

Christ's followers / disciples and must observe this noble cause / holy ordinance of the Lord of glory, in reverence to Him.

In an earlier chapter we found out that the Israelites were in bondage in Egypt and suffered a lot and cried to God who called Moses to lead them from Egypt to the promised land of Canaan and God told Moses to tell the Israelites that they make a feast where God would deliver them from the plague he was going to bring to judge the Egyptians. He was going to pass over the houses of the Israelites because of the blood of the slain Lamb placed on their houses and the plague would force the Egyptians to let them go (Exodus 12). Now that was in the Old Testament but in the New Testament Jesus Christ came to the earth as the Lamb of God becoming now the new Passover Lamb, instead of animals as was the case in the Old Testament and he offered himself as God's sacrificial Lamb so that those who will believe in Him be delivered from the bondage of sin and Satan.

We find that Jesus Christ instituted the Lord's Supper (formerly the pass over feast) in his last

Supper with the disciples prior to his death and instructed them to continue partaking of it as often as possible till he comes for them. It was to be a memorial of his death on the cross for the remission of sins of mankind. That is why the early church practiced it as is recorded in the book of Acts (Acts 2:36-47).

Therefore let all the house of Israel know assuredly, that God hath made that same Jesus whom ye have crucified, both Lord and Christ.

Now when they heard this, they were pricked in their heart, and said unto Peter and to the rest of the apostles, Men and brethren, what shall we do?

Then Peter said unto them, Repent, and be baptized every one of you in the name of Jesus Christ for the remission of sins, and ye shall receive the gift of the Holy Ghost.

For the promise is unto you, and to your children, and to all that are afar off, even as many as the Lord our God shall call.

And with many other words did he testify and exhort, saying, save yourselves from this untoward generation.

Then they that gladly received his word were baptized: and the same day there were added unto them about three thousand souls.

And they continued steadfastly in the apostles' doctrine and fellowship, and in breaking of bread, and in prayers.

And fear came upon every soul: and many wonders were done by the apostles.

And all that believed were together, and had all things common;

And sold their possessions and goods; and parted them to all men, as every man had need.

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

Praising God, and having favour with all people. And the Lord added to the church daily such as should be saved.

Acts 2:36-47

As I said earlier that because of the importance of the Holy Communion (the Lord's Supper) it should not be approached casually by Christians, as it is a symbol of the Lord's body and blood. The Lord's presence is there where the Holy Communion is being partaken and that is why it is also called the Lord's Table. Therefore Christians need not partake of the same with any unconfessed sin. Before his death he was with the disciples physically but after his death and resurrection he is there spiritually and will partake it with the raptured Church in heaven where they will see him face to face (Revelation 19:6-9, 1 John 3:1-3).

And I heard as it were the voice of a great multitude, and as the voice of mighty thunderings, saying, Alleluia: for the Lord God omnipotent reigneth.

Let us be glad and rejoice, and give honor to him: for the marriage of the Lamb is come, and his wife hath made herself ready.

And to her was granted that she should be arrayed in fine linen, clean and white: for the fine linen is the righteousness of saints.

And he saith unto me, Write, Blessed are they which are called unto the marriage supper of the Lamb. And he saith unto me, these are the true sayings of God.

Revelation 19:6-9

In summarizing the significance of the Holy Communion we do have the following:

1. It is a reminder of the atonement of Christ on the cross
2. It is a fellowship in sharing together the bread and wine by believers in unity.
3. It is a feast involving the examination of one's walk with the Lord by the believers individually.
4. It is a thanksgiving feast in thanking the Lord for salvation by the believers.
5. It is a feast of a witness to Christ's death by each believer

6. It is a feast of hope by the believers in anticipation for the big feast (banquet) at the coming of the Lord to take his Church.

The Holy Communion is essentially a covenant of blood, an everlasting covenant of faithfulness, a pre-wedding covenant between Christ and the Church (Luke 22:14-20).

It comes to me as a surprise that it seems the Lord's supper Jesus himself foretold it in advance as well as his sacrifice on the cross to redeem mankind when he met Abram and blessed him with bread and wine as a symbol of his body and blood (Genesis 14:17-20) read further John 6:51-56, Romans 3:25-26 and Luke 22:14-20. Jesus did so purposely as Abram had believed in God earlier (Genesis 12:1-6) and he knew Abram's faith in God will be steadfast (Genesis 22:1-18) moreover Abram qualified to partake the Lord's supper (Exodus 12:43-49, Colossians 2:11) as he was already a believer as per these scriptures: John 14:1, Matthew 26:26-39. Jesus called Abram a friend because he had believed in God (James 2:21-

23) just as believers in Christ Jesus become Jesus' friends as per these scriptures: John 15:11-15, Romans 5:8-11. No wonder Abraham fellowshiped with God as a friend of God (Genesis 18:22-33) just as Jesus' disciples fellowshiped with him as a friend as recorded in the four gospels.

Chapter five

Preparation for the Holy Communion

Now from the outset the Holy Communion, that is, the Lord's Supper is not an ordinary supper but a special supper in that it is holy. Now because of that, those who take it must be special - must be equally holy. Unholy people are not the guests to be expected to sit at the Lord's Table waiting to be served. As we read the scriptures, we find that even the expected guests, the so called special people, as recorded in an epistle by apostle Peter (1 Peter 2:7-10) they also are not expected to just come any how but must purge themselves of any unbecoming conduct by examining their lives or else it will not be well with them, if they just decide to be at the table without that soul-searching exercise.

And this day shall be unto you a memorial; and ye shall keep it to the LORD throughout your generations, ye shall keep it a feast by an ordinance for ever.

Seven days shall ye eat unleavened bread; even the first day ye shall put away leaven out of your

houses: for whosoever eateth leavened bread from the first day until the seventh day, that soul shall be cut off from Israel.

Exodus 12:14-15

That scripture which we find in the Old Testament is touching on a key on how one need to prepare for the feast of the Lord. Apart from it being observed by God's children throughout the generations, it being an ordinance of the Lord, it should be partaken without any leaven (yeast) in one's life or house. Now that need to be observed for at least seven days (the number 7 stands for perfect). Now get to know that yeast in the spiritual is symbolic of sin and therefore one has to be free of sin to be a partaker in the Lord's feast. That is why in the New Testament we find that in the churches it is common to get a notification for the Lord's Supper being announced to the congregation seven days in advance on a Sunday service; that the Lord's Supper is going to be the following Sunday. Now what does the New Testament say on the same issue of preparation?

Purge out therefore the old leaven, that ye may be a new lump, as ye are unleavened. For even Christ our pass over is sacrificed for us.

Therefore let us keep the feast, not with old leaven, neither with the leaven of malice and wickedness; but with the unleavened bread of sincerity and truth.

1 Corinthians 5:7-8

That is an epistle which Apostle Paul wrote to the believers at the church in Corinth, after getting a bad report from there. Some brethren had bad conduct in the church and yet was still allowed to continue to mix freely with the others, without first repenting of sin committed for the Lord to forgive and he be restored back to the Lord to have an opportunity to fellowship with the brethren, instead of that happening, it was business as usual in the church, how on earth? He was going to contaminate the assembly. Leaven stands for moral corruption/sin in the spiritual sense going by its nature of puffing up a dough and its product the size exaggerated and also is an ingredient used in brewing alcohol which makes people drunk when

taken and which is sin. A drunkard has a corrupted mind. I do believe that is why God instructed the children of Israel not to eat leavened bread for at least a whole week (7 days) and also at the time of taking the Passover after those seven days, they need to feast eating unleavened bread still and at the same time from the first day when they should be eating only unleavened bread, there should be no leaven in their houses for all that seven day period. The old leaven to be purged in verse 7 is to have the brother who had sinned and is unrepentant, out of the assembly (excommunicated) to leave the assembly alone as it was before that act, for them to be acceptable before the Lord, verse 8 is talking of keeping the feast (the Lord's supper, holy as it should be without any bad conduct at all on the part of the assembly in sincerity and truth for the assembly to be an unleavened bread (holy assembly/body of Christ) Do remember Christ referring his body as bread at the last pass over and Christians are the body of Christ and therefore can be referred to as bread as described here as

unleavened (pure) bread without yeast (leaven)
(Matthew 26:26, Ephesians 1:22-23)

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.

Matthew 26:26

Jesus symbolized bread as his body to the disciples,
and that goes well with what he said that he is the
bread of life, (John 6:35), but why? Because he
gives life-everlasting to those that believe in him as
he is the life. (1 John 5:10-11, John 14:6).

And hath put all things under his feet, and gave him
to be the head over all things to the church,
Which is his body, the fullness of him that filleth
all in all.

Ephesians 1:22-23

Apostle Paul in writing to the church at Ephesus
was saying God had put all things under his feet
and appointed him as the head of the church which
is his body. From all the above we can see that one

need to prepare before going to take the holy communion in the assembly of the saints.

One cannot afford to go there carelessly but with much care as we continue to read again.

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, 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.

But when we are judged, we are chastened of the Lord, that we should not be condemned with the world.

1 Corinthians 11:27-32

That is a stern warning to Christians to take the matter very seriously, as it can result in sickness and even death, if not handled properly. To take the

Lord's Supper unworthily is to take it unprepared without self-examination (which can reveal any short coming on one's part for action- repentance, prior to feasting). The Church of Christ has done a good thing announcing the Lord's Supper (the Holy Communion) to the congregants a week earlier in their Sunday services. It is for preparation. Even the children of Israel had 7 days to prepare for the pass over feast. This is not something that you just wake up in the morning and decide you are going to take as you need to prepare for it - it is special and holy and is not common.

Now there is something that I need to add which is that some Christians have the habit of skipping or avoiding to partake of the Lord's Supper and which should not be as it is an important ordinance of the Lord and is in reality a rehearsal of what is going to take place immediately after rapture being first ushered into the Lord's judgment seat to be rewarded according to one's work (1 Corinthians 3:13-15, Revelation 22:12) followed by the

marriage Supper of the Lamb (Matthew 26:29, Revelation 19:1-9).

Therefore from the foregoing it is quite clear that the Lord's Supper is a foreshadow of the real thing in heaven and so if one keeps avoiding to partake of it, one can be sure one may as well miss being raptured into heaven to partake of the big banquet there, so better prepare well in advance and partake of the Lord's Supper now while awaiting the one up there.

Chapter Six

Frequency of the Holy Communion

Now touching on the frequency of taking the Holy Communion or the pass over feast prior to the death of our Lord Jesus Christ, the children of Israel to begin with, were celebrating it once every year as is recorded in the book of Exodus (Exodus 12:1-16)

AND the LORD spake unto Moses and Aaron in the land of Egypt, saying,

This month shall be unto you the beginning of months: it shall be the first month of the year to you.

Speak ye unto all the congregation of Israel, saying, In the tenth day of this month they shall take to them every man a lamb, according to the house of their fathers, a lamb for a house.

And if the house be too little for the lamb, let him and his neighbour next unto his house take it according to the number of the souls; every man according to his eating shall make your count for the lamb.

Your lamb shall be without blemish, a male of the first year: ye shall take it out from the sheep, or from the goats:

And ye shall keep it up until the fourteenth day of the same month: and the whole assembly of the congregation of Israel shall kill it in the evening.

And they shall take of the blood, and strike it on the two side posts and on the upper door post of the houses, wherein they shall eat it.

And they shall eat the flesh in that night, roast with fire, and unleavened bread; and with bitter herbs they shall eat it.

Eat not of it raw, or sodden at all with water, but roast with fire; his head with his legs, and with the purtenance thereof.

And ye shall let nothing of it remain until the morning; and that which remaineth of it until the morning ye shall burn with fire.

And thus shall ye eat it; with your loins girded, your shoes on your feet, and your staff in your hand; and ye shall eat it in haste: it is the LORD's pass over.

For I will pass through the land of Egypt this night, and will smite all the first-born in the land of Egypt, both man and beast; and against all the gods of Egypt I will execute judgment: I am the LORD.

And the blood shall be to you a token upon the houses where ye are: and when I see the blood, I will pass over you, and the plague shall not be upon you to destroy you when I smite the land of Egypt.

And this day shall be unto you for a memorial; and ye shall keep it a feast to the LORD throughout your generations; ye shall keep it a feast by an ordinance for ever.

Seven days shall ye eat unleavened bread; even the first day ye shall put away leaven out of your houses: for whosoever eateth leavened bread from the first day until the seventh day, that soul shall be cut off from Israel.

And in the first day there shall be a holy convocation, and in the seventh day there shall be a holy convocation to you; no manner of work shall be done in them, save that which every man must eat, that only may be done of you.

Exodus 12:1-16

In the second year that followed, the pass over feast was again observed (Numbers 9:1-5).

AND the LORD spake unto Moses in the wilderness of Si'-nai, in the first month of the second year after they were come out of the land of Egypt, saying,

Let the children of Israel also keep the pass over at his appointed season.

In the fourteenth day of this month, at even, ye shall keep it in his appointed season: according to all the rites of it, and according to all the ceremonies thereof, shall ye keep it.

And Moses spake unto the children of Israel, that they should keep the pass over.

And they kept the pass over on the fourteenth day of the first month at even in the wilderness of Si'-nai: according to all that the LORD commanded Moses, so did the children of Israel.

Numbers 9:1-5

Another record on the observance of the pass over as kept by the children of Israel is in the book of Joshua (Joshua 5:10).

AND it came to pass, when all the kings of the Am'-o-rites, which were on the side of Jordan westward, and all the kings of the Ca'-na-na-ites, which were by the sea, heard that the LORD had dried up the waters of Jordan from before the children of Israel, until we were passed over, that their heart melted, neither was there spirit in them any more, because of the children of Israel.

At that time the LORD said unto Joshua, Make thee sharp knives, and circumcise again the children of Israel a second time.

And Joshua made him sharp knives, and circumcised the children of Israel at the hill of the foreskins.

And this is the cause why Joshua did circumcise: All the people that came out of Egypt, that were males, even all the men of war, died in the wilderness by the way, after they came out of Egypt.

Now all the people that came out were circumcised: but all the people that were born in the wilderness

by the way as they came forth out of Egypt, them they had not circumcised.

For the children of Israel walked forty years in the wilderness, till all the people that were men of war, which came out of Egypt, were consumed, because they obeyed not the voice of the LORD: unto whom the LORD swore that he would not show them the land, which the LORD swore unto their fathers that he would give us, a land that floweth with milk and honey.

And their children, whom he raised up in their stead, them Joshua circumcised: for they were uncircumcised, because they had not circumcised them by the way.

And it came to pass, when they had done circumcision all the people, that they abode in their places in the camp, till they were whole.

And the LORD said unto Joshua,

This day have I rolled away the reproach of Egypt from off you.

Wherefore the name of the place is called Gil-gal unto this day.

And the children of Israel encamped in Gil'-gal, and kept the pass over on the fourteenth day of the month at even in the plains of Jericho.

Joshua 5:1-10

We come to another observance of the pass over by the children of Israel during the reign of king Josiah. (2 Chronicles 35:1)

MOREOVER Jo'-si'-ah kept a pass over unto the LORD in Jerusalem: and they killed the pass over on the fourteenth day of the first month.

2 Chronicles 35:1

We are now going to the New Testament books of the Holy Bible to see further that the pass over was still being observed.

Now his parents went to Jerusalem every year at the feast of the pass over.

And when he was twelve years old, they went up to Jerusalem after the custom of the feast. And when he was twelve years old, they went up to Jerusalem after the custom of the feast.

And when they had fulfilled the days, as they returned, the child Jesus tarried behind in Jerusalem; and Joseph and his mother knew not it.

But they, supposing him to have been in company, went a day's journey; and they sought him among their kinsfolk and acquaintance.

And when they found him not, they turned back again to Jerusalem, seeking him.

And it came to pass, that after three days they found him in the temple, sitting in the midst of the doctors, both hearing them, and asking them questions.

And all that heard him were astonished at his understanding and answers.

And when they saw him, they were amazed: and his mother said unto him, Son, why hast thou thus dealt with us? Behold, thy father and I have sought thee sorrowing.

And he said unto them, how is it that ye sought me? wist ye not that I must be about my Father's business?

And they understood not the saying which he spake unto them.

And he went down with them, and came to Nazareth, and was subject unto them: but his mother kept all these sayings in her heart.

And Jesus increased in wisdom and stature, and in favour with God and man.

Luke 2:41-52

Another incident where the Lord Jesus Christ took the pass over with his disciples.

Then came the day of unleavened bread, when the pass over must be killed.

And he sent Peter and John, saying, Go and prepare us the pass over, that we may eat.

And they said unto him, where wilt thou that we prepare?

And he said unto them, Behold, when ye are entered into the city, there shall be a man meet you, bearing a pitcher of water; follow him into the house he entereth in.

And ye shall say unto the good man of the house, The Master saith unto thee, Where is the guest chamber, where I shall eat the pass over with my disciples?

And he shall show you a large upper room furnished: there make ready.

And they went, and found as he had said unto them: and they made ready the pass over.

And when the hour was come, he sat down, and the twelve apostles with him.

And he said unto them, with desire I have desired to eat this pass over with you before I suffer:

For I say unto you, I will not any more eat thereof, until it be fulfilled in the kingdom of God.

And he took the cup, and gave thanks, and said, Take this, and divide it among yourselves:

For I say unto you, I will not drink of the fruit of the vine, until the kingdom of God shall come.

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.

Likewise the cup after supper, saying, this cup is the new testament in my blood, which is shed for you.

Luke 22:7-20

Now we come to the time when the Lord Jesus Christ had ascended up into heaven.

And they continued steadfastly in the apostles' doctrine and fellowship, and in breaking of bread, and in prayers.

And fear came upon every soul: and many wonders and signs were done by the apostles.

And all that believed were together, and had all things common;

And sold their possessions and goods, and parted them to all men, as every man had need.

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; Praising God, and having favour with all people. And the Lord added to the church daily such as should be saved.

Acts 2: 42-47

From the above account we can see that the apostles in the early church were taking the Lord's supper on a daily basis moving from house to house (I believe in home fellowships). What about the churches today? It is totally the opposite. In the

home fellowships in many cases it is eating and drinking yes, but not of the Lord's Supper, Christians are taking only the ordinary.

As for the Lord's Supper, it is taken in the churches on a Sunday service or on a Saturday service in a wedding. But the frequency has been completely compromised as it is hardly an agenda in the church programme as it is taken rarely and it can take even months without having the Lord's Supper at some churches which is not healthy at all. Also we find the Lord talking so much on the issue of leaven and that the pass over feast which is now the Lord's Supper, should not be eaten using leavened bread but unleavened bread. Remember Jesus Christ used bread to symbolize his body and therefore it is wrong to use leaved bread, which unfortunately many churches are involved in, buying an ordinary leavened bread, breaking into pieces and serving at the Lord's Table. It is sad, it is absurd. It is like or better it can be said to be corrupting the body of Christ by presenting leavened bread for Christ's supper and mind you the Lord is there in person in the spirit! It is but outrageous. Just look at the

words of Jesus what he was telling those who looked for him only because he had given them bread and fish to eat, and not looking for him because of the miracles he performed before their very eyes.

Verily, verily, I say unto you, He, that believeth on me hath everlasting life.

I am the bread of life.

Your fathers did eat man'-na in the wilderness, and are dead.

This is the bread which cometh down from heaven, that a man may eat thereof, and not die.

I am the living bread which come down from heaven: if any man eat of this bread, he shall live for ever: and the bread that I will give is my flesh, which I will give for the life of the world.

The Jews therefore strove among themselves, saying, how can this man give us his flesh to eat?

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.

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.

John 6:47-57

Those are very powerful words of the Lord Jesus
Christ for those who have believed in him and
relate very much on the Holy Communion – the
bread taken and the wine drunk therein. This is one
of those very important points pointing to the
partaking of the Lord's Supper.

If the current Church of Christ are unable at all to
have the Holy Communion in home fellowships,
then it should definitely have it every Sunday
service and the congregants made aware of that
programme of the church. The early church saw the
importance of having the Holy Communion often,

and by partaking it that way, it did not make it ordinary or lose its importance, we too can borrow a leaf from their example.

Now on touching on wine for the Holy Communion, I happened to be in Supermarkets doing some shopping and at the shelf for wines I saw so many different brands and did come to some brand written on the bottle 'religious wine.' I believe this is the one for Holy Communion as it is special in the way it has been made, not to intoxicate one who drinks it and is sweet and unfermented wine (without leaven).

Coming to the bread for the Holy Communion, the bread need be unleavened bread (bread without yeast), because that is what the scriptures say. Moreover, Christ Jesus lived a sinless life here on earth and offered himself as a perfect sacrifice acceptable to God at the cross, for the redemption of mankind. Christ himself as the bread of life (John 6:47-57) as you read earlier, the bread to be used at the Lord's table must be unleavened as is the representative of his life/body which was

sinless whereas leaven / yeast is symbolic of moral corruption.

Those preparing the Holy Communion must see to it that it is done right or else the Holy Communion will be but unholy and the Lord will be most unhappy and not be in it (his presence).

I have observed and seen that in the churches, baptism by water is more frequent and is a common occurrence, which is not bad at all, as long as there are new converts (born-again) as well as old believers who had backslidden and by the grace of God they have realized and are willing and ready to repent and invite the Lord in their lives afresh, then all these, need to be water baptized. It is equally the same with the taking of the Holy Communion in that as long as Christians meet together in the home fellowships or on Sunday services the Holy Communion which is the Lord's Supper need to be taken. Partaking of the Lord's Supper should not be left to lag behind water baptism, as all of them are equally important. These are the ordinances of the Lord which he left to his disciples to continue practising and must be adhered to at all times.

Chapter Seven

Heaven and the Holy Communion

The Holy Communion and heaven are interconnected very much in that the pass over feast foreshadowed the marriage supper of the Lamb of God, that is, Jesus Christ, the Messiah. (Revelation 19:6-9) and moreover in the new dispensation we are in, Christ Jesus is our pass over (1 Corinthians 5:7, John 1:29, 1 Peter 1:18-19).

And I heard as it were the voice of a great multitude, and as the voice of many waters, and as the voice of mighty thundering, saying, Alleluia: for the Lord God omnipotent reigneth.

Let us be glad and rejoice, and give honour to him: for the marriage of the Lamb is come, and his wife hath made herself ready.

And to her was granted that she should be arrayed in fine linen, clean and white: for the fine linen is the righteousness of saints.

And he saith unto me, Blessed are they which are called unto the marriage supper of the Lamb.

And he saith unto me, these are the true sayings of God.

Revelation 19:6-9

The Lord's supper (the Holy Communion) is like pre-wedding parties by the Church of Christ, as it looks forward anxiously to the real wedding itself awaiting it in heaven. So by partaking of the Lord's Supper now down here on earth, the Church is but doing exercises for the major event to be held at the home of the bridegroom (the heaven ground) Holy Communion is a preparation by the church of Christ for the grand finale in heaven, and is part of the saints righteousness here on earth. Ooh, how I long for that. Just by the description of that event alone, it shows very clearly that it is going to be the biggest event ever to happen in heaven and will follow the greatest event ever to happen on earth- the crucifixion and resurrection of the Lord Jesus Christ.

Now before we go on further, let us look afresh at the scriptures touching on the Holy Communion when Jesus Christ was with his disciples.

AND it came to pass, when Jesus had finished all these sayings, he said unto his disciples,

Ye know that after two days is the feast of the pass over, and the Son of man is betrayed to be crucified.

Then assembled together the chief priests, and the scribes, and the elders of the people, unto the palace of the high priest, who was called Cai'-a-phas,

And consulted that they might take Jesus by subtilty, and kill him.

But they said, not on the feast day, lest there be an uproar among the people

Now when Jesus was in Bethany, in the house of Simon the leper,

There came unto him a woman having an alabaster box of very precious ointment, and poured it on his head, as he sat at meat.

But when his disciples saw it, they had indignation, saying, to what purpose is this waste?

For this ointment might have been sold for much, and given to the poor.

When Jesus understood it, he said unto them, why trouble ye the woman? For she hath wrought a good work upon me.

For ye have the poor always with you; but me ye have not always.

For in that she hath poured this ointment on my body, she did it for my burial.

Verily I say unto you, Wheresoever this gospel shall be preached in the whole world, there shall also this, that this woman hath done, be told for a memorial of her.

Then one of the twelve, called Judas Iscariot, went unto the chief priests,

And said unto them, what will ye give me, and I will deliver him unto you? And they covenanted with him for thirty pieces of silver.

And from that time he sought opportunity to betray him.

Now the first day of the feast of unleavened bread the disciples came to Jesus, saying unto him, where wilt thou that we prepare for thee to eat the pass over?

And he said, Go into the city to such a man, and say unto him, The Master saith, My time is at hand; I will keep the pass over at thy house with my disciples.

And the disciples did as Jesus had appointed them; and they made ready the pass over.

Now when the even was come, he sat down with the twelve.

And as they did eat, he said, Verily I say unto you, that one of you shall betray me.

And they were exceeding sorrowful, and began every one of them to say unto him, Lord, is it I?

And he answered and said, He that dippeth his hand with me in the dish, the same shall betray me.

The Son of man goeth as it is written of him: but woe unto that man by whom the Son of man is betrayed! It had been good for that man if he had not been born.

Then Judas, which betrayed him, answered and said, Master, is it I? He said unto him, Thou hast said.

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.

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 covenant, which is shed for many for the remission of sins.

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.

And when they had sung a hymn, they went out into the Mount of Olives.

Matthew 26:1-30

It was the last supper between Jesus Christ and his disciples prior to betrayal, sentence and crucifixion. A report of what transpired according to Saint Matthew.

AFTER two days was the feast of the pass over, and of unleavened bread: and the chief priests and the scribes sought how they might take him by craft, and put him to death.

But they said, not on the feast day, lest there be an uproar of the people.

And being in Bethany in the house of Simon the leper, as he sat at meat, there came a woman having an alabaster box of ointment of spikenard very precious; and she brake the box, and poured it on his head.

And there were some that had indignation within themselves, and said, why was this waste of the ointment made?

For it might have been sold for more than three hundred pence, and have been given to the poor. And they murmured against her.

And Jesus said, Let her alone; why trouble ye her? She hath wrought a good work:

For ye have the poor with you always, and whensoever ye will ye may do them good: but me ye have not always.

She hath done what she could: she is come afore hand to anoint my body to the burying.

Verily I say unto you, Where so ever this gospel shall be preached throughout the whole world, this

also that she hath done shall be spoken of for a memorial of her.

And Judas Iscariot, one of the twelve, went unto the chief priests, to betray him unto them.

And when they heard it, they were glad, and promised to give him money; and he sought how he might conveniently betray him.

And the first day of unleavened bread, when they killed the pass over, his disciples said unto him, Where wilt thou that we go and prepare that thou mayest eat the pass over?

And he sendeth forth two of his disciples, and saith unto them, Go ye into the city, and there shall meet you a man bearing a pitcher of water: follow him.

And wheresoever he shall go in, say ye to the good man of the house, The Master saith, where is the guest chamber, where I shall eat the Passover with my disciples?

And he will show you a large upper room furnished and prepared: there make ready for us.

And his disciples went forth, and came into the city, and found as he had said unto them: and they made ready the pass over.

And in the evening he cometh with the twelve.

And as they sat and did eat, Jesus said, Verily I say unto you, one of you which eateth with me shall betray me.

And they began to be sorrowful, and to say unto him one by one is it I? And another said, Is it I?

And he answered and said unto them, it is one of the twelve, that dippeth with me in the dish.

The Son of man indeed goeth, as it is written of him: but woe to that man by whom the Son of man is betrayed! good were it for that man if he had never been born.

And as they did eat, Jesus took bread, and blessed, and brake it, and gave to them, and said, Take eat: this is my body.

And he took the cup, and when he had given thanks, he gave it to them: and they all drank of it.

And he said unto them, this is my blood of the new covenant, which is shed for many:

Verily I say unto you, I will drink no more of the fruit of the vine, until that day that I drink it new in the kingdom of God.

And when they had sung a hymn, they went out into the Mount of Olives.

Mark 14: 1-26

A report of what transpired according to Saint John Mark.

NOW the feast of unleavened bread drew nigh, which is called Passover.

And the chief priests and scribes sought how they might kill him; for they feared the people.

Then entered Satan into Judas surnamed Iscariot, being of the number of twelve.

And he went his way, and communed with the chief priests and captains, how he might betray him unto them.

And they were glad, and covenanted to give him money.

And he promised, and sought opportunity to betray him unto them in the absence of the multitude.

Then came the day of unleavened bread when the Passover must be killed.

And he sent Peter and John, saying, Go and prepare us the pass over, that we may eat.

And they said unto him, where wilt thou that we prepare?

And he said unto them, Behold, when ye are entered into the city, there shall a man meet you, bearing a pitcher of water; follow him into the house where he entereth in.

And ye shall say unto the good man of the house, The Master saith unto thee, Where is the guest chamber, where I shall eat the pass over with my disciples?

And he shall show you a large upper room furnished: there make ready.

And they went, and found as he had said unto them: and they made ready the pass over.

And when the hour was come, he sat down, and the twelve apostles with him.

And he said unto them, with desire I have desired to eat this pass over with you before I suffer:

For I say unto you, I will not any more eat thereof, until it be fulfilled in the kingdom of God.

And he took the cup, and gave thanks, and said,
Take this, and divide it among yourselves:

For I say unto you, I will not drink of the fruit of
the vine, until the kingdom of God shall come.

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.

Likewise also the cup after supper, saying, This cup
is the new testament in my blood, which is shed for
you:

But, behold, the hand of him that betrayeth me is
with me on the table.

And truly the Son of man goeth, as it was
determined: but woe unto that man by whom he is
betrayed!

And they began to inquire among themselves,
which of them it was that should do this thing.

And there was also a strife among them, which of
them should be accounted the greatest.

And he said unto them, the kings of the Gentiles
exercise lordship over them; and they that exercise
authority upon them are called benefactors.

But ye shall not be so: but he that is greatest among you, let him be as the younger; and he that is chief, as he that doth serve.

For whether is greater, he that sitteth at meat? Or he that serveth.

Ye are they which have continued with me in my temptations.

And I appoint unto you a kingdom, as my Father hath appointed unto me;

That ye may eat and drink at my table in my kingdom and sit on thrones judging the twelve tribes of Israel.

Luke 22:1-30

Report of what transpired according to Saint Luke.

Now if you look at the three reports by Saint Matthew, saint John Mark and saint Luke, there is something that comes out very clearly - That the Lord's supper also known commonly today in the Church of Christ as the Holy Communion, it will be extended into the kingdom of heaven where Jesus Christ as the Bridegroom and Christians as the Bride will have it there as well (see the underlined paragraphs in each of the three gospels). I believe

that is the reason why God told Moses and Aaron to tell the children of Israel that the service was to be kept throughout all their generations, that is, for ever (Exodus 12:14, 17, 24).

Now the following text may be a shocker to you but it is the truth.

The day following, when the people which stood on the other side of the sea saw that there was none other boat there, save that one wherein to his disciples into the boat, but that his disciples were gone away alone;

(Howbeit there came other boats from Ti'-be-ri-as nigh unto the place where they did eat bread, after that the Lord had given thanks:)

When the people therefore saw that Jesus was not there, neither his disciples, they also took shipping, and came to Ca-per'-na-um, seeking for Jesus, And when they had found him on the other side of the sea, they said unto him, Rabbi, when camest thou hither?

Jesus answered them and said, Verily, verily, I say unto you,

Ye seek me, not because ye saw the miracles, but because ye did eat of the loaves, and were filled.

Labor not for the meat which perisheth, but for that meat which endureth unto everlasting life, which the Son of man shall give unto you: for him hath God the Father sealed.

Then said they unto him, what shall we do, that we might work the works of God?

Jesus answered and said unto them, this is the work of God, that ye believe on him whom he hath sent.

They said therefore unto him, what sign showest thou then, that we may see, and believe thee? What dost thou work?

Our fathers did eat man'-na in the desert; as it is written, He gave them bread from heaven to eat.

The Jesus said unto them, Verily, verily, I say unto you, Moses gave you not that bread from heaven; but my Father giveth you the true bread from heaven.

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

Then said they unto him, Lord, evermore give us this bread.

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.

But I said unto you, that ye also have seen me, and believe not.

All that the Father giveth me shall come to me; and him that cometh to me I will in no wise cast out.

For I came down from heaven, not to do mine own will, but the will of him that sent me.

And this is the Father's will which hath sent me, that of all which he hath given me I should lose nothing, but should raise it up again at the last day.

And this is the will of him that sent me, that every one which seeth the Son, and believeth on him, may have everlasting life: and I will raise him up at the last day.

The Jews then murmured at him, because he said, I am the bread which came down from heaven.

And they said, is not this Jesus, the son of Joseph, whose father and mother we know? How is it then that he saith I came down from heaven?

Jesus therefore answered and said unto them, Murmur not among yourselves.

No man can come to me, except the Father which hath sent me draw him: and I will raise him up at the last day.

It is written in the prophets, and they shall be all taught of God. Every man therefore that hath heard, and hath learned of the Father, cometh unto me.

Not that any man hath seen the Father, save he which is of God, he hath seen the Father.

Verily, verily, I say unto you, He that believeth on me hath everlasting life.

I am that bread of life.

Your fathers did eat Man'-na in the wilderness, and are dead.

This is the bread which cometh down from heaven, that a man may eat thereof, and not die.

I am the living bread which came down from heaven: if any man eat of this bread, he shall live for ever: and the bread that I will give is my flesh, which I will give for the life of the world.

The Jews therefore strove among themselves, saying, how can this man give us his flesh to eat?

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.

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 man'-na, and are dead: he that eateth of this bread shall live for ever.

These things said he in the synagogue, as he taught in Ca-per'-na-um.

Many therefore of his disciples, when they had heard this, said, this is a hard saying; who can hear it?

When Jesus knew in himself that his disciples murmured at it, he said unto them, doth this offend you?

What and if ye shall see the Son of man ascend up where he was before?

It is the spirit that quickeneth the flesh profiteth nothing: the words that I speak unto you, they are spirit, and they are life.

But there are some of you that believe not. For Jesus knew from the beginning who they were that believed not, and who should betray him.

And he said, therefore said I unto you, that no man can come unto me, except it were given unto him of my Father.

John 6:22-65

It cannot be plain than that which the Lord Jesus Christ expounded and presented in a simpler way as the letter A, B, C to little children in a kindergarten school, for he repeated and repeated it all in trying to make people understand. Unfortunately even some disciples were lost in the whole saying as they were in the flesh just as the Jews who

murmured of Jesus. To them it was yet another of Jesus' parables, as he often taught.

Now if you thought that the issue of the Holy Communion was only reported in the other three gospels only, you are badly mistaken going by the scriptures there and in this gospel according to Saint John and in which he has related it better with heaven where there is eternity with God the Father. In the three gospels Jesus talked of the bread and the wine at the pass over feast, referring them as his flesh and his blood. The same thing is replicated in the gospel according to saint John probably in just a different perspective all together but it is the same thing as what Christians partake at the Lord's table is symbolic of the body (flesh) and the blood of Jesus Christ by the bread and wine so eaten and drunk.

The manna God gave to the children of Israel was just a foretaste of the true bread which would come from heaven, that is, Jesus Christ, who they were to live depending on him and not the food they ate in Egypt which was perishable. Therefore they were being directed to live a heavenly life (a spiritual

life) by faith and not an earthly one (as after that life there was eternity awaiting them in heaven) and it was only for those who were obedient to God while here on earth. Let me call it a day and hopefully meet you at the big banquet in heaven, in Jesus' name. A-men.

Purge out therefore the old leaven, that ye may be a new lump, as ye are unleavened.

For even **Christ our pass over is sacrificed for us:**

1 Corinthians 5:7

The next day John seeth Jesus coming unto him, and saith, Behold the Lamb of God, which taketh away the sin of the world.

John 1:29

Forasmuch as ye know that ye were not redeemed with corruptible things, as silver and gold, from your vain conversation received by tradition from your fathers;

But with the precious blood of Christ, as of a lamb without blemish and without spot:

1 Peter 1:18-19

Now when is this wonderful day for the saints going to take place?

But of that day and hour knoweth no man, no, not the angels of heaven, but my Father only.

But as the days of Noah were, so shall also the coming of the Son of man be.

For as in the days that were before the flood they were eating and drinking, marrying and giving in marriage, until the day that Noah entered into the ark,

And knew not until the flood came, and took them all away; so shall also the coming of the Son of man be.

Then shall two be in the field; the one shall be taken, and the other left.

Two women shall be grinding at the mill; the one shall be taken, and the other left.

Watch therefore: for ye know not what hour your Lord doth come.

But know this, that if the good man of the house had known in what watch the thief would come, he

would have watched, and would not have suffered his house to be broken up.

Therefore be ye also ready: for in such an hour as ye think not the Son of man cometh.

Matthew 24:36-44

The above scripture is talking on the coming of Jesus Christ for his holy Church at rapture time and cautioning the Church to be ready, as that day and hour is top secret. But how can one be ready unless one prepares? Now is time for quick preparation by the Church of Christ to prepare and be ready and watching expectantly.

We have seen the events mentioned in verse 38- eating and drinking as well as marrying and giving in marriage, all which are not bad, but one need to be careful in whatever one indulges in. One must remain focused on Jesus Christ the Lamb of God who happens to be the bridegroom. (Hebrews 12:1-2). Part of preparation on the part of the Church is to be involved more in the feasting (eating and drinking) in the Lord's Supper making it focused on the bridegroom and the big banquet at the

marriage supper of the Lamb in heaven. On marriage, the Church need to involve in as an interim measure having the knowledge of the big wedding/marriage which is ahead of it. May the Lord help us to be the one and not the other (verses 40-41) but only if we watch 24/7 (verses 43-44). The Church of Christ surely need a lot of eating and drinking to remain lively in the Lord.

For as often as ye eat this bread, and drink this cup, ye do show the Lord's death till he come.

1 Corinthians 11:26

I am the living bread which came down from heaven: if any man eat of this bread, he shall live for ever: and the bread that I will give is my flesh, which I will give for the life of the world.

The Jews therefore strove among themselves, saying, How can this man give us his flesh to eat?

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.

John 6:51-53

No wonder, the early church was very lively.

And they continued steadfastly in the Apostles doctrine and fellowship, and in breaking of bread, and in prayers.

And fear came upon every soul: and many wonders and signs were done by the apostles.

And all the believed were together, and had all things common;

And sold their possessions and goods, and parted them to all men, as every man had need.

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, Praising God, and having favor with all people. And the Lord added to the church daily such as should be saved.

Acts 2:42-47

I hope you have seen the pattern above, you who is a born-again Christian. Much of your time, what are you involved in? I don't want the answer, keep it to yourself. Now, how are we going to be

participants in that marriage supper of the Lamb?
First and foremost, we must be translated by the
Lord in the rapture of the holy saints.

For our conversation is in heaven; from whence
also we look for the Saviour, the Lord Jesus Christ:
Who shall change our vile body, that it may be
fashioned like unto his glorious body, according to
the working whereby he is able even to subdue all
things unto himself.

Philippians 3:20-21

Now this I say, brethren, that flesh and blood
cannot inherit the kingdom of God; neither doth
corruption inherit incorruption.

Behold, I show you a mystery; we shall not all
sleep, but we shall all be changed,

In a moment, in the twinkling of an eye, at the last
trump: for the trumpet shall sound, and the dead
shall be raised incorruptible, and we shall be
changed.

For this corruptible must put on incorruption, and
this mortal must put on immortality.

So when this corruptible shall have put on incorruption, and this mortal shall have put on immortality, then shall be brought to pass the saying that is written, Death is swallowed up in victory.

O death, where is thy sting? O grave, where is thy victory?

The sting of death is sin; and the strength of sin is the law.

But thanks be to God, which giveth us the victory through our Lord Jesus Christ.

Therefore, my beloved brethren, be ye steadfast, unmovable, always abounding in the work of the Lord, forasmuch as ye know that your labour is not in vain in the Lord.

1 Corinthians 15:50-58

But I would not have you to be ignorant, brethren, concerning them which are asleep, that ye sorrow not, even as others which have no hope.

For if we believed that Jesus died and rose again, even so them also which sleep in Jesus will God bring with him.

For this we say unto you by the word of the Lord, that we which are alive and remain unto the coming of the Lord shall not prevent them which are asleep. For the Lord Himself shall descend from heaven with a shout, with the voice of the archangel, and with the trump of God: and the dead in Christ shall rise first:

Then we which are alive and remain shall be caught up together with them in the clouds, to meet the Lord in the air: and so shall we ever be with the Lord.

Wherefore comfort one another with these words.

1 Thessalonians 4:13-18

And I heard a voice from heaven saying unto me, Write, Blessed are the dead which die in the Lord from henceforth: Yea, saith the Spirit, that they may rest from their labours; and their works do follow them.

Revelation 14:13

What will usher us in heaven is the rapture by the Lord himself to be with him for ever and ever.

My dear reader, lets call it a day, in Jesus' name.

Notes to the reader

Thanks a lot for reading this very book. I trust and believe you have been blessed by it. If you do have anything to share about the book feel free to write using address given.

Inspirational Publications

P.O Box 14500 – 00400 Nairobi

Kenya East Africa

E-mail: inspirepublicly@gmail.com

Cell phone: +254722505468 / +254736140970

Other books by the same Author.

- The Christian Walk
- Christian Marital life
- The Youth and Christianity
- A Christian and How not to backslide
- The ABC in Christianity
- Evangelizing the World
- The growing faith
- The World of Wisdom

- The Christian and Giving
- The Secret in Healing and Health.
- The Servanthood
- The Love of God
- The Powerful Tongue
- A Christian and Persecution and Imprisonment
- The Holy Spirit and A Christian
- The Message of The Hour
- A Christian and Prayer Life
- A Christian and Water Baptism
- EXPOSED! The servants of satan
- Steps to Christian Maturity
- The Angelic host
- The Jesus of The Bible
- The God of Covenants
- The Blessed of God
- A Christian and God's word
- The Faithful of God
- A Christian and A Repentant Life
- A Christian and Spiritual Warfare
- A Christian and Divine Protection
- In Pursuit of Righteousness
- The God of Restoration

- A Christian perspective on Leadership
- A Christian and Fellowship life
- A Christian and Dreams and Visions
- A Christian and Kingdom Investments
- Christian Nuggets in A Nutshell
- A Christian and Divine plan
- A Christian and a Victorious life
- The Christian Walk Vol. 2
- The Youth and Christianity Vol. 2
- The ABC in Christianity Vol. 2
- The Servanthood Vol. 2
- A Christian and Fasting Life
- Steps to Christian Maturity Vol. 2
- A Christian and long life, riches and wealth
- The Realities of Heaven and Hell
- The growing faith Vol. 2
- The World of Wisdom Vol. 2
- The Holy Spirit and A Christian Vol. 2
- A Christian and Consecration and Dedication
- The Goodness of GOD
- True Disciples of Jesus Christ
- A Christian and holy living
- The Judgements of God

- A Christian in a cursed world
- The Tracing of Apostasy
- The Strategy of Satan
- The Blood of Jesus Christ
- The Kingdom of God
- Being freed from idolatry and All other sins
- The Glory in Perseverance
- Christians' Status in Christ Jesus
- OBEDIENCE – The Key to All God's blessings
- The Faithfulness of God

The Christian and the Holy Communion

A reminder/ringing bell in the Walk.

Many Christians seem not to have taken this important feast in their lives and care less if they partake of it or not, to them it is business as usual. This book gives you a fresher look for a more serious consideration and application as is required. Reading it will expose to you the following:

- Origin of the Holy Communion
- The Church and the Holy Communion
- Candidates for the Holy Communion
- Importance of the Holy Communion
- Preparation for the Holy Communion
- Frequency of the Holy Communion
- Heaven and the Holy Communion



The Author Fredrick Geoffrey Omondi is a born again Christian aged 59 years old, married and they have four children. He holds a Diploma certificate in Biblical Studies both from Emmaus Bible School and Voice of Prophecy. He is a preacher and teacher of the word of God. He is an active life member of the Scripture Union of Kenya and fellowship at an altar of the Ministry of Repentance and Holiness.



An imprint of

INSPIRATIONAL PUBLICATIONS