

**THE REDEEMED CHRISTIAN CHURCH OF GOD
OPEN HEAVENS ASSEMBLY
TROYEVILLE, JOHANNESBURG**

DIGGING DEEP

SIGNIFICANCE AND BENEFITS OF THE HOLY COMMUNION

Text: Matthew 26: 26-29

INTRODUCTION

According to the scriptures, we partake in the Holy Communion in remembrance of the body and the blood of Jesus that was broken and poured at the cross. Taking the Holy Communion does not only remind us of the suffering of Christ on the Cross but also shows us the depth of love Jesus has for us. However to be able share in the blood and the body of Jesus Christ, one must be born again. In other words, you must do a self-examination, repent and confess your sins. Jesus sacrificed his life for us so that we could have eternal life. When we partake of the Holy Communion, we proclaim the eternal life that Jesus Christ has given to us by His death and resurrection. Jhn 6: 51-53.

A.WHAT IS THE HOLY COMMUNION?

The Holy Communion, also known as the Lord's Supper represents God's love for his people. Two items are used in the Holy Communion, the bread represents Jesus' body that was broken and the cup represents his blood that was shed for us. Matt. 26: 26-29. To be a partaker of the body and blood of Jesus; you must have accepted Him into your life as your Lord and Savior. Those who partake of the Holy Communion without this spiritual understanding do so unworthily, thereby bringing themselves into damnation before God. Some even become sick unto death from such ungodly acts. 1 Cor 11: 26-30. Holy Communion is a sacred meal. We must prepare ourselves for the meal, honouring Jesus as we take the meal.

B. BENEFITS OF TAKING A HOLY COMMUNION

1. Divine healing, good health and protection. Jhn.6: 57, 1Pet.2:24, 3Jhn.2 Psa 105: 13-15.
2. Sets you apart for miracles, breakthroughs and favor. Exo 12: 36
3. God defends and proclaims you as His own child. Exo 14: 30
4. By receiving the spiritual blood and flesh, Christ lives in us and we in Him. Jhn 6: 55-56
5. New and better covenant. Hebs 12: 24, Matt 26: 26-28
6. An overcoming life. Jhn.16:33, Phl.4:13
7. Courage and strength. Exo 14: 15-16

CONCLUSION

The importance of the Holy Communion cannot be over-emphasised. As we take it in faith; we position ourselves for diverse miracles in our lives. Are you prepared for the forthcoming meal? Are you expectant to receive from the Lord? Holy Communion is a prepared meal for a prepared people.