

THE POWER IN THE LORD'S SUPPER

EPHESIANS 2:13

BY SNR. VEN. REVD. EVANG. ATIABOKIJESU MATTHEW MIYERIJESU

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The Lord's Supper is the healthiest food that can be eaten by any Christian. Christ himself instituted this Lord's Supper, the night before the day He was crucified, hence it is called 'The Lord's Supper.'

The physical and spiritual benefit of the Lord's Supper is incomparable. Even the Israelites who ate the manner God sent to them didn't receive the benefit that comes from eating the Lord's Supper. If you are a Christian who is fervent in church activities but does not partake in the Lord's Supper, you are missing lots of blessings from the Lord. This is because it's the body and blood of Jesus Christ that bring us into union with him, just as it is clearly stated in Ephesians 2:13(GNB): ***"But now, in union with Christ Jesus, you who used to be far away, have been brought near by the blood of Christ."***

A Christian who takes the Lord's Supper, has eternal life. As a result of this, they cannot be oppressed by evil forces, such as; witchcraft spirit, Incubus and succubus(ghost wife and ghost husband). Believers who participate in the Lord's Supper are spiritually brave and as such they are confident when they speak, just like our father the Bishop of the whole world. He is not afraid of what man or the devil could do to him. He boldly confesses like King David, saying, ***'Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me; thy rod and thy staff they comfort me.'*** But many do not believe him whenever he confesses this. One among those who didn't, was a man who sent thunder-storm to the Bishop of the whole world. But because his confessions are true and rooted in the body of Christ, the thunder-storm backfired. This is to say, if you take the Lord's Supper and follow the desire of Christ Jesus whom you have been joined with, all the plots of the enemy against you will be harmless; even eternal death will no longer be your portion.

Many Christians are not participating in the Lord's Supper, because they don't have value for it. They don't know that the bread and wine represent the body and blood of Jesus Christ. Some others do not know its importance. They only enjoy taking part in the act without paying attention to the spiritual impact it has on their lives. They are like the 5,000 multitude Jesus fed as recorded in John 6:25-26: ***When the people found Jesus on the other side of the lake, they said to Him, "Teacher, when did you get here?"*** Jesus answered, ***"I am telling you the truth: you are looking for me because you ate the bread and had all you wanted, not because you understood my miracles.*** Before you participate in the Lord's Supper, you must know all that is expected of you and what it takes to enjoy its power, and not just participating in it for religious' or doctrines' sake.

Having been exposed to the importance of the **"Lord's Supper,"** what must you do before taking the Lord's Supper to receive its blessings?:

- 1. You must know the purpose of the Lord's Supper:** When you don't know the purpose of a thing, there is a tendency that you may misuse it, and not have regards for it. What is the purpose of the Lord's Supper? As earlier said, the Lord's Supper was first eaten by Jesus Christ with his disciples. And the bread and wine use represent the body and blood of Jesus Christ. They turn into Jesus' body and blood the moment they are consecrated. Taking the Lord's Supper, therefore brings the memory of Jesus Christ to mind. In other words, it is obedience to Jesus' instruction to his disciples. In addition, we take the Lord's Supper to proclaim Jesus' death until He comes. To proclaim His death, means to accept that He died for us (1Corinthians 11:24-26).

2. You must be a Christian: Jesus gave His twelve Disciples His body and blood, and not the multitude. So before you can participate in the Lord's Supper, you must be a baptized (born again) Christian.

3. You must not live a double life: Before you participate and have the complete blessings in the Lord's Supper, you must live a holy life both inwardly and outwardly. As a Christian, you must fully dedicate your entire life to God. ***"You cannot eat at the Lord's table and also at the table of demons. Or do we want to make the Lord jealous?"*** (1Corinthians 10:21-22, GNB).

4. Examine yourself before participating: In order not to bring curse upon yourself as a result of participating in the Lord's Supper, you have to first examine yourself, if there is anything you have done or doing wrong that you need to repent of, and have it settled with God before you take the Lord's Supper.

1 Corinthians 11:28-31, GNB: ***"So then, you should all examine yourselves first, and then eat the bread and drink from the cup. That is why many of you are weak and ill, and several have died. If we would examine ourselves first, we would not come under God's judgement."***

To conclude, I appeal to you; do all you can in order to qualify for the taking of the Lord's Supper, because it's a spiritual food you need to stay in union with Christ.

My prayer is for you to continually enjoy the power in the Lord's Supper and to live a life that will make you one with Christ till the end of the world in Jesus' name. Amen!