

UNDERSTANDING THE COMMUNION TABLE AND ITS POWER

by Dr John A Tetsola

One of the most misunderstood and neglected sacramental practices in the church is the communion table. Communion in the church has been relegated to just a religious act without significance. In most churches and with most believers, it is rarely practiced. And yet it is one of the most powerful avenues provided to receiving the fullness of God when it is practiced with revelation, understanding and reverence. When a believer partakes of the Lord's Supper, he should do so with full understanding of its significance. Communion, to many people, has become only a religious observance. But it has a much deeper meaning than that.

The communion table is an emblem of Jesus' sacrifice for us. Primarily, the church has centered its attention on the wine as an emblem of Jesus' blood that was shed for sin. We take the emblem of the blood and say, "Thank God, we are delivered from sin," and that is true! Praise God for it. But the blood is only half of communion. The bread is an emblem of Jesus' body that was broken for us. The emblem of His body is just as important as the emblem of His blood. According to Isaiah 53.4-5, Jesus' sacrifice covered every area of man's existence. He bore spiritual torment for our sins, mental distress for our worry, care, and fear, as well as physical pain for our sickness and disease. The stripes He bore were for our healing. "With His stripes we are healed." God gave everything He had to redeem mankind from the curse. For us to receive only part of His sacrifice is an insult to Him.

Don't Eat and Drink to Damnation

When we receive communion, we are receiving His body and His blood. Every time we partake, we should examine ourselves closely according to 1 Corinthians 11:28-29. *"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."* There is much more involved in receiving communion than most Christians realize.

God instructed the Lord's Supper for a reason. When you receive it, you should be ready to partake of everything Jesus' sacrifice provided – salvation, peace of mind, healing, and total prosperity. In the past, we missed the full meaning of

communion by not completely judging ourselves when we partook of it. We have been ready to receive His blood and quick to judge ourselves and repent where sin is concerned. But what about His body? It was broken for us. The stripes laid on Jesus' back were for our healing. So at communion, we should judge ourselves where sickness is concerned as well. Jesus purchased our healing at Calvary just as he purchased our salvation.

Judging Sickness and Disease

With this in mind, when we partake of communion we should say, "Lord, it's not right that I should suffer from sickness and disease. I judge it now as being from Satan, and I reject it. I refuse to receive it any longer. I partake of the sacrifice of Your body, and I receive the healing that You provided in Jesus' name."

When you partake of communion, make a point of judging yourself to the fullest extent. Don't just receive it halfway. Accept everything Jesus' sacrifice provided. If you don't examine yourself – if you receive communion just as a religious exercise, you will be eating and drinking unworthily, not discerning the Lord's body. Paul wrote, "For this cause many are weak and sickly among you, and many sleep" (1 Cor. 11:30). When the first Passover was instituted, God instructed Moses to kill a lamb, spread its blood over the door, and then roast the lamb and eat all of it. Any that remained was to be burned away. That sacrificial lamb was completely consumed. Jesus, as the Lamb of God, was the supreme sacrifice under the Abrahamic covenant. When you partake of His sacrifice, do not take only part of it. Receive all that Jesus did for you. Consume it completely.

Eating in Faith with Expectation

When you receive the Lord's Supper, partake of it like the children of Israel did, *"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 Passover."* They were ready to go. They ate in faith, ready to receive their deliverance before they ate. No matter what you may be faced with – sin, sickness, drugs, a weight problem, worry, strife, or old habits, you can be delivered through properly receiving the Lord's Supper. The body and blood of Jesus covers every area of your existence. By discerning His body and judging yourself before Him, you can receive your deliverance. Place yourself before God and receive communion like the children of Israel – ready to receive your deliverance. You don't have to wait until you go to church to receive communion. Receive it at home. Get up an hour earlier in the morning every now and then. Take the time to put yourself before God over the communion table. It will be time well spent.

Proclamation Before the Breaking of Bread

Before breaking the bread, make this proclamation and declaration. “Father God, in the name of Jesus, we recognize that we have a covenant with You, a covenant that was ratified by the shed blood of Jesus at Calvary. Because of the fact that Jesus’ body was broken for us, that His blood was shed on our behalf, we acknowledge that He bore sin, sickness, disease, sorrow, grief, fear, torment, unforgiveness, strife, and lack for us. Through His substitutionary sacrifice, we have complete redemption – total deliverance from the works of Satan. As new creations in Christ Jesus, we realize our freedom has been bought and paid for. We are forgiven. We are redeemed. And we give thanks for it all, in Jesus’ name.” After this proclamation, then break the bread and distribute it.

Judging and Examining Yourself in the Light of God’s Word

While taking communion, it is very important that you rightly judge and examine yourself in the light of God’s Word. In doing this, you can begin the process by proclaiming the follow : “Father, in the name of Jesus, we examine our hearts, we judge ourselves according to the authority of Your Word. In areas where we have missed the mark (strife, unforgiveness, jealousy, envy, hatred, covetousness, fear, worry, unbelief, etc.), we take Jesus as our advocate and High Priest. We ask forgiveness according to the Word of God (1 John 1:9). Your Word says You are faithful and just to forgive us when we confess our sins, and that You cleanse us from all unrighteousness. Therefore, we do not eat of the bread nor drink of the cup unworthily (as a religious exercise or a common meal), but we rightly discern the Lord’s body. We receive communion together now as the righteousness of God in Christ Jesus. We are free from the works of Satan – spirit, soul, and body.”

Then say this: “*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*” (1 Cor. 11:23b-24). Then partake of the bread together. Then say this: “*After the same manner also he took the cup, when He had supped, saying, this cup is the new testament 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*” (1 Cor. 11:25-26). Then partake of the cup together.

The Declaration of Favor and Blessings Over Your Life

After the partaking of the bread and of the cup together, it is important to establish everything in prayer by the proclamation and declaration of God’s promise and will over our lives by saying “Father, we give You thanks for all You

have provided for us in Christ Jesus. We confess this day that we are the blessed of the Lord. This covenant we entered into at the new birth is a covenant filled with the exceedingly great and precious promises of God, and we are partakers of those promises now. We are healed. We are redeemed. We are delivered from the authority of darkness. We are translated into the kingdom of God's dear Son. We are the head and not the tail. We are above and not beneath. All that we set our hands to prospers, and we praise You, Father, for the newness of life we now enjoy.
In Jesus' name, Amen."