



GARDEN CITY C H U R C H

The Lord's Supper (Communion) Resource

21 Days of Prayer & the Lord's Supper Sunday Sept. 25- Sunday Oct. 16 2022

Our time of prayer and taking the Lord's Supper (Communion) starts on Sept. 25th, which is Rosh Hashanah (the Jewish New Year) and ends on Oct. 16th, the last day of the Feasts of Tabernacles. For more information on the significance of these Jewish holy days, please see the resource page at www.gardencitychurch.tv. We will spend time in prayer and receiving the Lord's Supper every day during this time. Doing this as a family, with roommates, or by yourself at home is going to be special and powerful.

During this time we are asking for (1) **greater corporate revelation of who Jesus is**, (2) **the power of His gospel to encounter us corporately**, and (3) **an increased passion to advance His Kingdom on the earth through our lives and ministry**.

What you need

- Grape Juice
- Unleavened bread, such as matzah or most pita breads (Kroger will be a good store that usually has this). ***If you only have regular bread available to you that's ok.***
- Your Bible. Plan on reading through the scriptures in this resource guide and allow the Lord to bring you into even deeper revelation about the power of the Lord's Supper.
- A journal. Plan on journaling throughout these 21 days. Write out your prayers, revelation you get through the word, encounters you have with Jesus, and what you hear the Lord speak to you during this time.

The Lord's Supper Defined

The Lord's Supper, is also known as Communion (from the Greek word *Koinonia*, which means holy, covenantal fellowship and participation) and the Eucharist (from the Greek word *Eucharisteó*, which means to give thanks). These are all titles that the global body of Christ has historically used to describe the holy experience of receiving the bread and cup of Jesus for remembrance, thanksgiving, and real encounter with Him.

In this resource we are going to look at what Jesus said about the Lord's Supper, what Paul said about it, and touch on a couple allusions to it in the Old Testament. While this is not meant to be an exhaustive reference, it will help to begin the journey of deeper understanding, and prepare you to properly and joyfully take the Lord's Supper.

The Lord's Supper Pictured in the Old Testament

Scripture focus

- Melchizedek, King of Salem and Priest of God Most High, offers bread and wine to Abram after he defeats several kings in battle in order to save his nephew Lot. Then God makes a covenant with Abram to bring his offspring out of future bondage into the promised land, foretelling the Exodus and Passover (**Genesis 14:17-20; 15:1-20**).
- Right before God brings Israel out of bondage to Egypt, He tells them to sacrifice an unblemished lamb and place its blood on the door of each house, so the judgment of the Lord will pass over them. God also institutes the Festival of Unleavened Bread and commands the people to celebrate it every year as a memorial of the Lord's Passover; those who do not will be cut off from God's people (**Exodus 12:1-28, 43-49; 13:1-16**).
- When the Lord gave and confirmed the original covenant to Moses on Mount Sinai, it was ratified with the blood of offerings and sacrifices, and a meal shared with God (**Exodus 24:1-11**).

Promises/Benefits

- The original Passover spared the life of Israel's first born children from the wrath of God (**Exodus 12:1-13**).
- Celebration of the Passover and Festival of Unleavened Bread served as a reminder of God's power and faithfulness to keep His promise and bring Israel out of bondage. It also was a visible reminder to regularly recite His laws (**Exodus 13:1-10**).
- In **Jeremiah 31:31-34**, God promises to make a new everlasting covenant with His people, different from the one He made with them when He brought them out of Egypt, which Israel broke. God promises to forgive His people's iniquity and never again remember their sin.

Prayer Focus

- God established a pattern of giving this meal in connection with His covenants. First through Melchizedek, again in the Passover, then ultimately through Jesus instituting the Lord's Supper. God also commands Israel to set their lives and calendars around this celebration. Ask the Lord what it would look like to allow the Lord's Supper to have the same impact on your own rhythms and relationship with Him.

- Ask Him to help you recognize the real power and presence of Christ in this meal, and to cement you in the new, everlasting covenant of God. Make it so Holy Spirit!

Jesus and the Lord's Supper

Scripture focus

- Jesus introduces us to communion in the following passages:
 - **Matthew 26:26-30, Mark 14:12-26, Luke 22:7-30, John 6:53-57**
 - The feast of Passover was being celebrated between Jesus and His disciples as He took the bread, gave thanks for it, broke it and gave it to them. As Jesus shared the bread with them, He told them that it was His body and to share in this meal in remembrance of Him. He took the cup and told the disciples that it was His blood, the cup of the new covenant poured out for them. He told the disciples that He would not drink of the fruit of the vine again until He drank it new with them (and us) in the Kingdom of God.

Promises/Benefits

- In **John 6:54-55**, Jesus gives three promises to those who eat His flesh and drink His blood.
 - (1) Eternal Life (2) being raised up at the last day (resurrection) and (3) the promise of remaining in Jesus and Jesus remaining in us.

Prayer Focus

- As you receive communion over the next 21 days, spend time in the passages above and pray for the revelation of each of the promises that Jesus attached to this incredible gift of consuming His body and blood.
- Thank Him that His body was broken so we might be made whole, and His blood was poured out so that we might step into the newness of life and the cleansing of the new covenant.
- Thank Him for His eagerness to ultimately share this meal with His faithful disciples and glorious Bride at His return, in the soon-coming Kingdom of God!

Paul and the Lord's Supper

Scripture focus

- In **1 Corinthians 8-11**, Paul addresses the Lord's Supper two times. First, to emphasize and compare the depth of the spiritual realities we enter into by engaging in certain practices, both good and bad. Paul says that through the Lord's Supper, we enter into divine fellowship, unity, and communion with Christ, and receive blessings connected to His suffering and death (**1 Corinthians 10:1-22**).
- Second, He expounds on it in the context of corporate gatherings. He refers to the bread and cup as a means to partake in Christ's broken body and blood, and a means to proclaim His death until He comes, making the Lord's Supper a sacred act (**1 Corinthians 11:17-34**).

Benefits and Warnings

- In chapter 10, Paul speaks of the benefit and intimacy of the Lord's Supper, calling it the "cup of blessing", and a "participation" or "communion" with Christ. In chapter 11, he ties it directly to Jesus's physical body, suffering, and death. Because of its great blessing, significance, and literal union with Christ, Paul gives a strong warning to first examine ourselves before partaking in it. He says that by taking it in an "unworthy" way, or a way that does not honor the worthiness of Christ, His sacrifice, or His people, we put ourselves in a position for God to bring extraordinary discipline upon us, even referencing some who had experienced it.

Prayer Focus

- Give thanks to the Lord for the amazing gift that gives us physical interaction with Him, and access to His blessings (**Isaiah 12:1-6**).
- Ask God for a deeper understanding of the Lord Supper, and its rich meaning and blessings (**Ephesians 1:17-20**).
- Examine your life and heart to see if there is anything that is in violation of His word or will, especially concerning your relationship with Him, the world, and others. If the Spirit points anything out, confess it to the Lord, turn away from it, and take any steps necessary to make things right (**Matthew 5:24**).