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**March 25, 2015**

Scripture Reading: 3 John 2 prosper and be in health, even as thy soul prospereth

## **Spiritual Health and Healing through the Holy Communion or Lord's Supper**

St. Matthew 26: 26-30  
St. Mark 14: 12-26  
St. Luke 22: 1-20  
St. John 13: 1-17  
I Corinthians 11: 17-34

**God's nature is to heal.** Acts 10: 38 Went about doing good and healing

I Corinthians 11: 17-34 Not discerning the Lord's body – means that they did not know why they were partaking of the body when they came to the Table. We understand the importance of doctrine, fellowship and prayer but not always the importance of breaking of bread or Holy Communion; commonly referred to as the Lord's Supper. Two extremes are common today, one is those who believe in Transubstantiation – alleged process whereby the bread and wine offered up at Communion are changed to that of the real body and blood of Jesus Christ. The second is people who reduce the Holy Communion to a mere ritual.

### **The Blood is for forgiveness**

When we partake of the wine, know that you are forgiven and have been made righteous, right standing before God, so that you can come boldly into His presence.

Colossians 1: 14  
Ephesians 1: 7  
Hebrews 9: 12-14

### **The Bread is for Healing:** deliverance and healing: "The Double Cure"

Isaiah 53: 4-5 His body was broken that yours can be whole  
St. Matthew 8: 16-17 took our infirmities and bear our sicknesses  
I Peter 1: 24 bear our sins in His own body  
St. Mark 5: 25-34 & 35-43 even His clothes had healing  
St. Luke 6: 19 a touch healed them  
Psalms 103: 2-3 forgives and heals

**Eat right and exercise but, our Trust is in God to keep us Healthy.**

Acts 2: 42-46

II Corinthians 10: 4 the weapons of our warfare are spiritual

## **First Passover Exodus 12**

**The power of proclaiming the Lord's death:** (I Corinthians 11: 26)

Colossians 2: 15 proclaiming to principalities and powers that Christ has triumphed over them. Through the one perfect sacrifice of Christ on the Cross there are blessings of Health, wholeness and preservation that abound at His Table. Those of us who trust in God and His Son's perfect work on the Cross are extremely Blessed.

**To Partake unworthily:** To a certain extent all of us are unworthy and are only made worthy by His blood. It is only Jesus' death that qualifies us to partake. Paul was not merely saying that we should not partake if we are unworthy (unrepented sin) but moreover he was saying that we should not partake in an unworthy manner. What does it mean to partake unworthily? If you fail to discern or understand the significance of the Lord's body, you are eating and drinking in an unworthy manner. The Corinthians partook in an unworthy manner because they did not recognize the broken body of Jesus was not just a ritual or an ordinary supper to be taken lightly and therefore missed out on its blessings. The manner in which you partake will determine whether we experience the benefits of the Lord's body. If our attitude is, "It's just a piece of bread" then that is the wrong attitude and you will not benefit.

Paul describes in greater detail the manner in which the Corinthians partook. I Corinthians 11: 20-22. Here he commends them not for the attitude and way they carried things out; glutton and drunken, respect of person, and told them to eat at home. The Lord's body was broken that ours could be healed, so do not take the Lord's Supper because you are hungry or for a show or any miss understanding about its importance and meaning. When we take the Lord's Supper without discerning His body we are not claiming by faith what Jesus has done for us on the Cross. And we put Him to an open shame making His work on the Cross powerless and we are actually despising and rejecting Him.

**Let Us Now Partake** of the Lord's Supper and release faith for your forgiveness and deliverance and healing. This is not a ritual but a **personal experience** commanded by our Lord Himself, a refreshing of His love and sacrifices for you. Remember and hear him say to you, "Take eat. This is my body which is broken for you: This do in remembrance of me." Experience His presence as He says to you, "This cup is the new testament/covenant in my blood, this do ye, as often 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 comes.

See the Lord carrying all your sins and diseases. He took you sins in His body on the Cross. See Him taking on His body your physical conditions too. If you have a tumor, see the tumor on His body. Whatever disease you might have, see it on His body. It is no longer on you. See His health come to you. II Corinthians 5: 21 (He was made sin for us...) **SHALOM**