

(Mathew 26:26-29; Mark 14:22-25; Luke 22:17-20)

Mathew 26

²⁶While they were eating, Jesus took bread, gave thanks and broke it, and gave it to his disciples, saying, "Take and eat; this is my body."

²⁷Then he took the cup, gave thanks and offered it to them, saying, "Drink from it, all of you. ²⁸This is my blood of the covenant, which is poured out for many for the forgiveness of sins. ²⁹I tell you, I will not drink of this fruit of the vine from now on until that day when I drink it anew with you in my Father's kingdom."

Mark 14

²²While they were eating, Jesus took bread, gave thanks and broke it, and gave it to his disciples, saying, "Take it; this is my body."

²³Then he took the cup, gave thanks and offered it to them, and they all drank from it.

²⁴"This is my blood of the covenant, which is poured out for many," he said to them. ²⁵"I tell you the truth, I will not drink again of the fruit of the vine until that day when I drink it anew in the kingdom of God."

Luke 22

¹⁷After taking the cup, he gave thanks and said, "Take this and divide it among you. ¹⁸For I tell you I will not drink again of the fruit of the vine until the kingdom of God comes."

¹⁹And he took bread, gave thanks and broke it, and gave it to them, saying, "This is my body given for you; do this in remembrance of me."

²⁰In the same way, after the supper he took the cup, saying, "This cup is the new covenant in my blood, which is poured out for you."

When I was small and received my first Holy Communion, I felt very holy. It was a great feeling that I was receiving Jesus. I really did not understand the real meaning of it. As I grew, I came across testimonies and saw photographs of people who after receiving the Holy Communion on their tongues, the Holy Communion became a piece of living flesh. Then it started getting into me that I am receiving the body of Jesus.

Later, after I was born again and was evangelizing the Word of God, I came across some uneducated persons who previously were non-Christians and were now evangelizing. They used to get a person to be set free from the bondage of alcoholism by just asking them to proclaim "I eat the body of Christ, I drink the blood of Christ and Christ dwells in me" and [Luke 4:18, 19](#). After doing this for about a twenty to fifty times the person used to start crying and when they tried to drink alcohol; they used to vomit. And there are many testimonies on this.

But there was one person a non believer who when told to proclaim this, questioned 'Why should I eat the body of another human being or drink the blood of another human being.'

I knew that the bread we eat, symbolizes the sacrifice of Jesus and when we eat the bread we partake in the sacrifice. But still this was still not acceptable as to why we eat the body or drink the blood of another human being. Not that I did not receive the Holy Communion, I did. But still being not satisfied I was disturbed like the Jews and the disciples of Jesus when they heard Jesus.

John 6

⁵¹I am the living bread that came down from heaven. If anyone eats of this bread, he will live forever. This bread is my flesh, which I will give for the life of the world.

⁵²Then the Jews began to argue sharply among themselves, "How can this man give us his flesh to eat?"

⁵³Jesus said to them, "I tell you the truth, unless you eat the flesh of the Son of Man and drink his blood, you have no life in you. ⁵⁴Whoever eats my flesh and drinks my blood has eternal life, and I will

raise him up at the last day. ⁵⁵For my flesh is real food and my blood is real drink. ⁵⁶Whoever eats my flesh and drinks my blood remains in me, and I in him.

⁶⁰On hearing it, many of his disciples said, "This is a hard teaching. Who can accept it?"

⁶⁶From this time many of his disciples turned back and no longer followed him.

But now when I have come to understand, it is a great joy in receiving the Holy Communion and celebrating Mass.

If you look up the scriptures the first time when John the Baptist saw Jesus coming towards him, although knowing who Jesus really was yet he introduces Him as the 'Lamb of God'.

John 1

²⁸This all happened at Bethany on the other side of the Jordan, where John was baptizing.

²⁹The next day John saw Jesus coming toward him and said, "Look, the Lamb of God, who takes away the sin of the world!"

³⁵The next day John was there again with two of his disciples. ³⁶When he saw Jesus passing by, he said, "Look, the Lamb of God!"

³⁷When the two disciples heard him say this, they followed Jesus.

Why did John the Baptist call Jesus a lamb?

John the Baptist was referring to Jesus as a sacrificial lamb. When man sinned and wanted to make peace with God, to get forgiveness, they offered a blood sacrifice. And Jesus was referred to as a lamb, because a lamb was meek and timid. The lamb is also white in color which symbolizes purity.

Why was sacrifice of blood required? God could have been happy with an offering of precious materials like gold, silver etc. or even an offering of our work, our service. Even during the offerings of Cain and Abel, God preferred a blood sacrifice.

Genesis 4

Now Abel kept flocks, and Cain worked the soil. ³In the course of time Cain brought some of the fruits of the soil as an offering to the LORD. ⁴But Abel brought fat portions from some of the firstborn of his flock. The LORD looked with favor on Abel and his offering, ⁵but on Cain and his offering he did not look with favor.

You need to understand that Cain and Abel started to make sacrificial offerings not just out of the blue, they saw someone do it and therefore were imitating, that person was Adam their father because it is written '*In the course of time*'.

As humans, and using our earthly wisdom we would have preferred the sacrificial offerings of Cain, because it was from his hard labor that he made his offering. How much work does a shepherd do compared to a farmer?

A farmer needs to till the soil, water and keep the pest away on a regular basis. If Cain offered the best of his produce than it should have been surely better than the offering of Abel?

This is the same problem that happens with us today. We really work hard and labor in the Lord's vineyard trying to make the best offering without knowing what actually pleases God. We will only know when we understand the Word of God.

Adam himself started making the sacrificial offering because he himself saw someone else do it and therefore was imitating. If you read the previous chapter, God was very angry with Adam and Eve because they fell in His eyes by sinning. But due to the faith that Adam showed God was pleased with Adam and to protect Adam and Eve from His wrath, He covered them with the skin of animal.

God did this because Adam and Eve were previously covered with the righteousness of God and although naked, were not. But when they sinned they lost the righteousness and were therefore naked, and God hates the nakedness of man.

Genesis 3

⁶ When the woman saw that the fruit of the tree was good for food and pleasing to the eye, and also desirable for gaining wisdom, she took some and ate it. She also gave some to her husband, who was with her, and he ate it. ⁷ Then the eyes of both of them were opened, and they realized they were naked; so they sewed fig leaves together and made coverings for themselves.

Exodus 20

²⁶ And do not go up to my altar on steps, lest your nakedness be exposed on it.'

Even the design of the priest dress which the Lord gave Moses, He told him to make sure they wore undergarments up to the knee so that they do not kindle the wrath of God on themselves.

Exodus 28

⁴² "Make linen undergarments as a covering for the body, reaching from the waist to the thigh. ⁴³ Aaron and his sons must wear them whenever they enter the Tent of Meeting or approach the altar to minister in the Holy Place, so that they will not incur guilt and die.

"This is to be a lasting ordinance for Aaron and his descendants.

Even though Adam and Eve were covered with leaves, the Lord made for them clothes from the skin of animal. To do this the Lord first killed an animal and then removed the skin of it and then covered them with it. When Adam saw the Lord do this he knew that God was now not angry with him. This became the first (peace) sacrifice which the Lord Himself had made.

The Lord was not happy with the leaves Adam and Eve had used to make covering for themselves because the Lord Himself had cursed the ground and the produce of the ground in His anger. The leaves covering on them would remind God of the curse and their sin, therefore He took animal skin to cover them.

Genesis 3

¹⁷ To Adam he said, "Because you listened to your wife and ate from the tree about which I commanded you, 'You must not eat of it,'

***"Cursed is the ground because of you;**
through painful toil you will eat of it
all the days of your life.*

Although we are sinners yet when we cover ourselves with the righteousness of Jesus by His sacrifice on the cross, God sees the righteousness of Jesus on us and does not remember our sins.

The sacrifice was made because Adam showed faith in God by calling his wife 'Eve' (mother of all living) before that he used to call her 'Woman'. Adam believed that God, who had blessed them and told them to be fruitful and multiply, will not kill them or let them die but will bless him and his wife and they will have children, who will be the start of the human race.

The same is the situation now, to be part of the sacrifice of Jesus Christ on the cross we first need to have faith in our Savior that He will save us, and then only can we be part of the sacrifice.

Adam therefore started offering a peace sacrifice on a regular basis, and his children, Cain and Abel only imitated him. This peace sacrifice was continued on an annual basis or when ever the people had sinned. Even during the Passover the Israelites were told to kill a lamb or a goat and eat it.

But why did Jesus not take a lamb, but instead took just bread at the Last Supper? When they sat to celebrate the Passover meal there must have been a lamb, it was suppose to be a part of the Passover.

Even about drinking the wine, which is the blood of the Lamb of God, why did Jesus want us drink blood?

John 6

⁵³Jesus said to them, "I tell you the truth, unless you eat the flesh of the Son of Man and drink his blood, you have no life in you. ⁵⁴Whoever eats my flesh and drinks my blood has eternal life, and I will raise him up at the last day. ⁵⁵For my flesh is real food and my blood is real drink. ⁵⁶Whoever eats my flesh and drinks my blood remains in me, and I in him.

In the books of Moses God forbid man from consuming the blood of animals leave alone the blood of the Son of Man. When they killed the animal they were to let the blood flow on to the ground but were not to consume it.

Deuteronomy 12

¹⁵Nevertheless, you may slaughter your animals in any of your towns and eat as much of the meat as you want, as if it were gazelle or deer, according to the blessing the LORD your God gives you. Both the ceremonially unclean and the clean may eat it. ¹⁶But you must not eat the blood; pour it out on the ground like water.

²⁴You must not eat the blood; pour it out on the ground like water. ²⁵Do not eat it, so that it may go well with you and your children after you, because you will be doing what is right in the eyes of the LORD.

God did not allow man to consume the blood, for it was sacred and was only used for anointing, for example the altar at the Tabernacle or the temple or for the consecration of the priest.

Exodus 29

¹⁰Bring the bull to the front of the Tent of Meeting, and Aaron and his sons shall lay their hands on its head. ¹¹Slaughter it in the LORD's presence at the entrance to the Tent of Meeting. ¹²Take some of the bull's blood and put it on the horns of the altar with your finger, and pour out the rest of it at the base of the altar.

¹⁵Take one of the rams, and Aaron and his sons shall lay their hands on its head. ¹⁶Slaughter it and take the blood and sprinkle it against the altar on all sides.

When Jesus took the cup of wine He said '*this is my blood of the covenant*' and He gave them to drink. Was Jesus breaking the Law? If it was the blood, then they were not supposed to drink it.

This is something very important that we all need to understand. Before and during the time of Jesus things were needed to be done in the physical. Now since the Spirit of God dwells in us, we do all things concerning faith first in Spirit.

In John 6: 53- 55 Jesus refers to Himself as ‘Son of Man’ not ‘Son of God’. The sacrifice for sins had to be made on behalf of mankind and the perfect sacrifice, without blemish had to come from man. Since it was not possible for man to make such a sacrifice, the Lord had to come as a man, born out of the womb of a woman without the sins of man transferred to him. Therefore the woman (Mary) had to be conceived by the Holy Spirit. Since, it was the Word of God (law) that the curses or sins of the father would be on the children to the third and fourth generation.

Exodus 20

⁵ *You shall not bow down to them or worship them; for I, the LORD your God, am a jealous God, punishing the children for the sin of the fathers to the third and fourth generation of those who hate me, ⁶ but showing love to a thousand (generations) of those who love me and keep my commandments.*

Exodus 34

⁵ *Then the LORD came down in the cloud and stood there with him and proclaimed his name, the LORD. ⁶ And he passed in front of Moses, proclaiming, "The LORD, the LORD, the compassionate and gracious God, slow to anger, abounding in love and faithfulness, ⁷ maintaining love to thousands, and forgiving wickedness, rebellion and sin. Yet he does not leave the guilty unpunished; he punishes the children and their children for the sin of the fathers to the third and fourth generation."*

Jeremiah 32

¹⁷ *"Ah, Sovereign LORD, you have made the heavens and the earth by your great power and outstretched arm. Nothing is too hard for you. ¹⁸ You show love to thousands but bring the punishment for the fathers' sins into the laps of their children after them. O great and powerful God, whose name is the LORD Almighty,*

Therefore no human man was eligible to become the father of the sacrifice. Although the children are punished due to their sins and the sins of their fathers, yet the death punishment is due to their own sins. The death punishment referred here included the second death, the spiritual death that will be proclaimed on the Day of Judgment.

Deuteronomy 24

¹⁶ *Fathers shall not be put to death for their children, nor children put to death for their fathers; each is to die for his own sin.*

But when we repent and correct ourselves then we are forgiven of our sins and the sins of our fathers. In the Old Testament even after that, they had to pay for the sins.

Leviticus 26

³⁹ *Those of you who are left will waste away in the lands of their enemies because of their sins; also because of their fathers' sins they will waste away.*

⁴⁰ *"But if they will confess their sins and the sins of their fathers—their treachery against me and their hostility toward me, ⁴¹ which made me hostile toward them so that I sent them into the land of their enemies—then when their uncircumcised hearts are humbled and they pay for their sin, ⁴² I will remember my covenant with Jacob and my covenant with Isaac and my covenant with Abraham, and I will remember the land. ⁴³ For the land will be deserted by them and will enjoy its sabbaths while it lies desolate without them. They will pay for their sins because they rejected my laws and abhorred my decrees. ⁴⁴ Yet in spite of this, when they are in the land of their enemies, I will not reject them or abhor them so as to destroy them completely, breaking my covenant with them. I am the LORD their God.*

But now, Jesus has made the payment for our sins therefore we need to only repent, confess our sins and the sins of our fathers and offer the sacrifice of Jesus to Lord Father God for our sins.

Galatians 3

¹³*Christ redeemed us from the curse of the law by becoming a curse for us, for it is written: "Cursed is everyone who is hung on a tree."*

When we eat the bread, we eat the sacrifice of the Lamb of God, for Jesus who was the Lamb of God said '*I am the bread*'.

John 6

⁴⁷*I tell you the truth, he who believes has everlasting life.* ⁴⁸***I am the bread of life.*** ⁴⁹*Your forefathers ate the manna in the desert, yet they died.* ⁵⁰*But here is the bread that comes down from heaven, which a man may eat and not die.* ⁵¹***I am the living bread that came down from heaven. If anyone eats of this bread, he will live forever. This bread is my flesh, which I will give for the life of the world.***

When we receive the sacrifice we make peace with God and our sins are forgiven. That does not mean that we can go about committing sins and then repent and receive the Holy Communion again and again. The sacrifice (*Guilt*) was only for the sins done in ignorance.

Leviticus 5

¹⁷ ***"If a person sins and does what is forbidden in any of the LORD's commands, even though he does not know it, he is guilty and will be held responsible.*** ¹⁸ *He is to bring to the priest as a guilt offering a ram from the flock, one without defect and of the proper value. In this way the priest will make atonement for him for the wrong he has committed unintentionally, and he will be forgiven.*

The sacrament of receiving the Body and Blood of Christ is for the forgiveness of sins that are committed out of ignorance (not knowing), out of human weakness, for reconciling with God (peace sacrifice), anointing of the temple (our body) and calling to do our job of Priesthood. But has to be respected and not taken for granted. If we continue sinning and expect to be forgiven by the sacrifice, we are in for severe condemnation.

Hebrews 10

²⁶*If we deliberately keep on sinning after we have received the knowledge of the truth, no sacrifice for sins is left,* ²⁷***but only a fearful expectation of judgment and of raging fire that will consume the enemies of God.*** ²⁸*Anyone who rejected the law of Moses died without mercy on the testimony of two or three witnesses.* ²⁹***How much more severely do you think a man deserves to be punished who has trampled the Son of God under foot, who has treated as an unholy thing the blood of the covenant that sanctified him, and who has insulted the Spirit of grace?***

We are also in for severe problems if we receive the Holy Communion in an unholy manner.

1 Corinthians 11

²⁷*Therefore, whoever eats the bread or drinks the cup of the Lord in an unworthy manner will be guilty of sinning against the body and blood of the Lord.* ²⁸*A man ought to examine himself before he eats of the bread and drinks of the cup.* ²⁹***For anyone who eats and drinks without recognizing the body of the Lord eats and drinks judgment on himself.*** ³⁰***That is why many among you are weak and sick, and a number of you have fallen asleep.***

Once I overheard a fight between two women who had just come from church. One woman said about the other, "she started using abusive language even before the Holy Communion got digested".

My dear brothers and sisters in Christ how can you receive the sacrifice of the Lord with such hearts? Why do you want to be condemned and have problems in your lives? It is better you do not receive the Holy

Communion then to receive and get into problems. Respect the sacrifice of the Lord; do not make a mockery of it.

This is some thing I personally take very seriously. I will never receive the Holy Eucharist (Communion) unless I have repented for my sins and also forgiven others who have sinned against me and this has worked well with me and my family.

When Jesus gave us the blood of the covenant to drink, it was because the Spirit of God now dwells in us. We are the Holy Tabernacle, the Temple of God and the blood of the Lamb of God is to sanctify the altar within us.

1 Corinthians 3

¹⁶*Don't you know that you yourselves are God's temple and that God's Spirit lives in you? ¹⁷If anyone destroys God's temple, God will destroy him; for God's temple is sacred, and you are that temple.*

Therefore when we eat the body and drink the blood of Christ we heal our spirits and sanctify ourselves.

The bread also signifies the Word of God or Spiritual food.

John 6

²⁷*Do not work for food that spoils, but for food that endures to eternal life, which the Son of Man will give you. On him God the Father has placed his seal of approval."*

³³*For the bread of God is he who comes down from heaven and gives life to the world."*

³⁴*"Sir," they said, "from now on give us this bread."*

³⁵*Then Jesus declared, "I am the bread of life. He who comes to me will never go hungry, and he who believes in me will never be thirsty.*

⁶⁸*Simon Peter answered him, "Lord, to whom shall we go? You have the words of eternal life. ⁶⁹We believe and know that you are the Holy One of God."*

In the Old Testament Spiritual food was given only to the anointed Man of God or the Priest. In the Old Testament it was not the bread that signified Spiritual food but it was the breast of the sacrificial animal. The right to the breast was only to the Man of God or the Priest.

Given along with the breast was the right shoulder which signified authority by God. This authority is also given now to us therefore Paul even though was an apostle called himself priest and Peter also says that we are all priest.

Romans 15

¹⁵*I have written you quite boldly on some points, as if to remind you of them again, because of the grace God gave me ¹⁶to be a minister of Christ Jesus to the Gentiles with the priestly duty of proclaiming the gospel of God, so that the Gentiles might become an offering acceptable to God, sanctified by the Holy Spirit.*

1 Peter 2

⁴*As you come to him, the living Stone—rejected by men but chosen by God and precious to him—⁵you also, like living stones, are being built into a spiritual house to be a holy priesthood, offering spiritual sacrifices acceptable to God through Jesus Christ.*

⁹*But you are a chosen people, a royal priesthood, a holy nation, a people belonging to God, that you may declare the praises of him who called you out of darkness into his wonderful light.*

We are also given authority over evil spirit beings, over sickness, building the Spiritual life of others by proclaiming the Gospel, and much more.

Mark 6

⁷Then Jesus went around teaching from village to village. Calling the Twelve to him, he sent them out two by two and gave them authority over evil spirits.

There are two types of authority, one that God put in place and one that man has put. The authority that God has put in place over rides the authority that man has put.

1 Peter 2

¹³Submit yourselves for the Lord's sake to every authority instituted among men: whether to the king, as the supreme authority, ¹⁴or to governors, who are sent by him to punish those who do wrong and to commend those who do right.

Romans 13

¹Everyone must submit himself to the governing authorities, for there is no authority except that which God has established. The authorities that exist have been established by God. ²Consequently, he who rebels against the authority is rebelling against what God has instituted, and those who do so will bring judgment on themselves. ³For rulers hold no terror for those who do right, but for those who do wrong. Do you want to be free from fear of the one in authority? Then do what is right and he will commend you. ⁴For he is God's servant to do you good. But if you do wrong, be afraid, for he does not bear the sword for nothing. He is God's servant, an agent of wrath to bring punishment on the wrongdoer. ⁵Therefore, it is necessary to submit to the authorities, not only because of possible punishment but also because of conscience.

Even in the Old Testament the Kings feared the Prophets, the Priest and the Men of God. Spiritual authority which God has defined flows in the following manner.

1 Corinthians 12

²⁷Now you are the body of Christ, and each one of you is a part of it. ²⁸And in the church God has appointed first of all apostles, second prophets, third teachers, then workers of miracles, also those having gifts of healing, those able to help others, those with gifts of administration, and those speaking in different kinds of tongues.

If you understand the Old and the New Testaments together, you will understand the flow of authority in detail (read [[replay](#)] – [[Church – The Body of Christ](#)]).

There is another thing I would again like to make you aware of, the sacrifice of Jesus on the cross is not a just a man that died on the cross for all mankind. It was God who became man and died on the cross for us, so people who try to imitate the crucifixion of Jesus on the cross or ask God for the suffering that Jesus underwent on the cross, please do not do this, this is not according to God's will. The sacrifice of Lord Jesus is once and for all. He took all the suffering for you and me and does not need us to be part of that suffering. Enacting to remind others or to teach others is understandable but to put yourself in Jesus' place in real is foolishness.

What burden or suffering Jesus wants us to take is continuing His work of proclaiming the Word of God to others, living our lives as an example like Jesus did and enduring persecution when evangelizing.

Matthew 11

²⁸"Come to me, all you who are weary and burdened, and I will give you rest. ²⁹Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. ³⁰For my yoke is easy and my burden is light."

The Lord asks us to take His yoke that is to save all those who are called unto Him, and to learn from Him. What we need to do is imitate Jesus and continue His work on earth of saving souls. So when you go to the Lord for help, to cast your heavy burden on to Him, remember that you will not come back empty. You will come back with a burden; this will not be your burden but the burden of Jesus. But He has given a Helper to help you carry this burden, His Holy Spirit; therefore Jesus says '*my yoke is easy and my burden is light*'.

God Bless