

LESSON 4

Topic: The Holy Communion

Text: Matthew 26:26-29; 1 Corinthians 11:23-26

Aim: To understand the meaning, benefits and the right attitudes towards the Holy communion.

Introduction: The Holy Communion, also known as the Lord's Supper, is a sacred practice instituted by our Lord, Jesus Christ. It is a divine mystery that reminds us of the sacrifice He paid to unite believers and strengthen our relationship with God. It is a glorious celebration of the believers' covenant relationship of His return. Jesus Christ used bread and wine as symbols of His body and blood. It is a new covenant in His blood for the forgiveness of sins. The Holy communion is not just a ritual but a covenant reminder. Through the communion we express our unity, examine our hearts, and receive spiritual strength.

Discussion Questions:

1. Discuss what the following passages say about the Holy Communion. Luke:22: 19-20; 1 Cor. 11:26-30; John 6:53-58; 1Cor.11:27-28
2. How often should we take the Holy Communion? Acts 2:42; 1Cor. 11:25; Luke 22:19
3. What should be our attitude towards the Holy Communion? 1Cor. 11:24, 27-34; 1Cor. 11:24
4. What are the benefits of taking the Holy Communion? Jn 6:54; 1Cor. 10:16-17; 1Cor. 11:24-26; Matt. 26: 28; 1Cor. 10:16-17; Col. 2:14-15; Rev. 19:9

Conclusion:

The Holy Communion is a powerful sacred act of worship that reminds us of Christ's sacrifice. It reinforces our covenant relationship and unites us as a body in Christ. It deepens our relationship with Christ and reminds us of our identity as the redeemed of the Lord. The Lord's Supper is not an ordinary meal. It is a covenant act, a holy moment with Christ and His body (the Church). Every believer is encouraged to take the Holy Communion seriously and participate regularly with understanding and in faith.

Memory Verse "For as often as ye eat this bread, and drink this cup, ye do shew the Lord's death till he come". 1 Corinthians 11:26