



# Family Worship Center

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## A Practical Guide to taking Communion (the meal that heals)

Luke 22:19-20 He took bread, gave thanks and broke it and gave it to them saying, "This is my body which is given for you, do this in remembrance of me". Likewise He also took the cup after supper saying, "This is the new covenant in My blood, which is shed for you". Psalms 23:5 tells us, that right in the presence of our enemies, right in the midst of our symptoms, pains and lack, God prepares a table (communion) before us. Let us come boldly today to the Lords table and receive afresh His health, strength, wholeness and life.

First, hold the bread and say, "Thank you Jesus for your broken body. Thank you for bearing my symptoms and sickness at the cross so that I may have your health and wholeness. I declare that by your stripes, by the beatings you bore, by the lashes which hit your back, I am completely healed. I receive your resurrection life in my body today as I EAT!

Next, take the cup and say, "Thank you Jesus for your blood that has washed me whiter than snow. Your blood has brought me forgiveness and made me righteous forever. As I drink, I celebrate and partake of the inheritance of righteousness, which includes preservation, healing, wholeness, redemption from the curse and All your blessings. I receive it all as I DRINK."

Praise the Lord, you have just taken Communion. Keep partaking of this powerful covenant meal and see the changes in every area of your life!!!