



“Holy Communion Service” by Rev Samuel Mametsa, Sunday Service, the 06th of May 2012.

It is not food that is taken by one party. It is actually two words “holy + communion.” This means that Holy Communion is holy food partaken with other people. You can’t partake of it alone. Communion comes from community. **1 Corinthians 11: 23**. The bible says when Paul speaks about Holy Communion, it was because of the tendency amongst the Corinthians as they regarded Holy Communion as food. Some of the people would come very early and eat all the Holy Communion without leaving some for others. Earlier on people would use one cup to show that they were united and sharing in fellowship.

Verse 27 says

1 Cor 11:27 *“27 Therefore whoever eats this bread or drinks this cup of the Lord in an unworthy manner will be guilty of the body and blood of the Lord.” NKJV.*

When you partake of the Holy Communion you must make an introspection of yourself. Remember this blood has no spot. When you eat the flesh of Christ it has no sin at all. Therefore the body that is partaking of the Holy Communion, his body and blood, must be a well prepared body, without sin. To eat in an unworthy manner means , amongst others, that you partake of the Holy Communion in the same room with the person you hate. This is very dangerous. Be open to yourself and check your heart. This people that I commune with, do I really love them? That is why you find in other churches, after you drink from the same glass, the next one takes a tissue and wipes it clean. This shows a negative attitude. Holy Communion means love.

The bible says **1 Cor 11:24-26** *“24 and when He had given thanks, He broke it and said, “Take, eat; this is My body which is broken for you; do this in remembrance of Me.” 25 In the same manner He also took the cup after supper, saying, “This cup is the new covenant in My blood. This do, as often as you drink it, in remembrance of Me.” 26 For as often as you eat this bread and drink this cup, you proclaim the Lord's death till He comes.” NKJV.*

His body was broken into pieces, which means you need to share His body. That is why He allowed His body to be broken and that is why He did not give you His body alone. So that one person will take this piece and the other will take another piece



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etc. The main thing is that it is the body of Christ. This means you are in relationship. His body forms relationships.

The bible says **1 Cor 11:25** *"25 In the same manner He also took the cup after supper, saying, "This cup is the new covenant in My blood. This do, as often as you drink it, in remembrance of Me.""* **NKJV**.

When you partake of His body and blood remember you are entering into a blood covenant, nobody can break this blood covenant. Every covenant sealed by the blood is very strong and powerful. You are drinking His blood and are being sealed with His blood.

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