

# Communion — Remembering the Lamb and Restoring Fellowship

## What Is Communion?

Communion, also called the Lord's Supper, is a sacred act of remembrance and fellowship centered on the sacrifice of Jesus Christ. It points us back to the cross, reminds us of the covenant Jesus established through His blood, and celebrates the restored relationship we now have with God.

## The First Passover — Where Communion Began

The roots of Communion begin in **Exodus 12** with the first Passover.

The Israelites were living in slavery in Egypt. God raised up Moses to lead His people to freedom, but Pharaoh continually refused to let them go. After nine plagues, God sent a final judgment: the death of the firstborn in every household.

God instructed His people to sacrifice a spotless male lamb and place its blood on the doorposts of their homes. When the death angel saw the blood, judgment would “pass over” that house.

This moment became a yearly memorial called Passover — a remembrance of God's deliverance from bondage and death.

## Jesus — The Perfect Passover Lamb

Centuries later, during the Passover meal, Jesus revealed that He was the fulfillment of everything Passover represented.

**Matthew 26:26-28** – While they were eating, Jesus took some bread, and after a blessing, He broke it and gave it to the disciples, and said, “Take, eat; this is My body.” **27** And when He had taken a cup and given thanks, He gave it to them, saying, “Drink from it, all of you; **28** for this is My blood of the covenant, which is poured out for many for forgiveness of sins.”

Jesus knew that within hours His body would be beaten and broken, and His blood would be shed for the sins of the world. He became the final and perfect Passover Lamb.

Just as the blood on the doors protected Israel from judgment, the blood of Jesus now delivers believers from sin, death, and separation from God.

### **Isaiah's Prophecy of the Cross**

Isaiah 53:4-5 – Surely He has borne our griefs and carried our sorrows; yet we ourselves esteemed Him stricken, smitten of God, and afflicted. 5 But He was pierced through for our transgressions, He was crushed for our iniquities; the chastening

### **What Did Jesus Carry?**

- **Griefs** – sickness, weakness, affliction, disease, emotional suffering
- **Sorrows** – pain, anguish, suffering, heartbreak
- **Transgressions** – rebellion and willful sin
- **Iniquities** – guilt, moral corruption, crookedness
- **Peace (Shalom)** – wholeness, well-being, safety, restoration, completeness
- **Healed** – to restore, mend, cure, and make whole spiritually, emotionally, physically, and relationally

At the cross, Jesus carried everything that sin brought into humanity. Communion reminds us that His sacrifice was complete.

When Jesus cried out, “It is finished,” the work of redemption was fully accomplished.

## **Communion Is a Covenant Meal**

Communion is more than a religious ritual. It is a holy act of remembrance, fellowship, and covenant participation.

Because of Adam's sin in the Garden, mankind became separated from God. Sin brought spiritual death and broke fellowship with the Father.

**Genesis 3:8** – They heard the sound of the Lord God walking in the garden in the cool of the day, and the man and his wife hid themselves from the presence of the Lord God among the trees of the garden.

Humanity was created for fellowship with God, but sin caused separation and fear.

For generations, sacrifices temporarily covered sin, but they could never fully remove it. Jesus became the final sacrifice once and for all.

**Hebrews 10:17-22** – “And their sins and their lawless deeds I will remember no more.” **18** Now where there is forgiveness of these things, there is no longer any offering for sin. **19** Therefore, brethren, since we have confidence to enter the holy place by the blood of Jesus... **22** let us draw near with a sincere heart in full assurance of faith.

Because of Jesus:

- Our sins are forgiven
- Fellowship with God is restored
- We can boldly approach His presence
- God now dwells within us through the Holy Spirit

## Communion Is Fellowship With Christ

**John 6:56** – He who eats My flesh and drinks My blood abides in Me, and I in him.

Communion reminds us that we are united with Christ in an ongoing relationship.

**1 Corinthians 10:16-17** – The cup of blessing which we bless, is it not a participation in the blood of Christ? The bread which we break, is it not a participation in the body of Christ?

The word “participation” is the Greek word *koinonia*:

- Fellowship
- Communion
- Sharing
- Partnership
- Intimate participation

Communion is:

- Fellowship with God
- Fellowship with the body of Christ
- Participation in everything Jesus purchased through His sacrifice

## Examine Yourself Properly

**1 Corinthians 11:28-29** – But a man must examine himself, and in so doing he is to eat of the bread and drink of the cup. **29** For he who eats and drinks, eats and drinks judgment to himself if he does not judge the body rightly.

Paul's warning was not teaching believers to stay away from Communion because they were imperfect. The actual issue in Corinth was dishonoring the body of Christ:

- Some were overeating
- Some were becoming drunk
- The poor were being humiliated
- The gathering had become selfish rather than holy

To “examine yourself” means:

- Come with reverence
  - Recognize the value of Christ's sacrifice
  - Honor the body of Christ
  - Receive Communion with faith and gratitude
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## Receive the Full Benefit of the Cross

At the first Passover, the lamb was not only sacrificed — it was consumed.

Jesus is the perfect Lamb of God. We are not meant to receive only part of what He purchased.

Through Christ we receive:

- Salvation
- Forgiveness
- Peace
- Healing
- Freedom
- Fellowship with God
- Victory over sin and death
- Eternal life

When we take Communion, we remember and proclaim all that Jesus accomplished for us.