

## **Communion Reflection**

### **Confess any unresolved sin or unforgiveness in your life.**

Read Matthew 26:20-25 (TPT)

*When evening came, he took his place at the table and dined with the Twelve. While they were eating, Jesus spoke up and said, "One of you is about to betray me." Feeling deeply hurt by these words, one after another asked him, "You don't mean me, do you?" He answered, "It is one who has shared meals with me as an intimate friend. All that was prophesied of me will take place, but how miserable it will be for the one who betrays the Son of Man. It would be far better for him if he had never been born!" Then finally, Judas the traitor spoke up and asked him, "Teacher, perhaps it is I?" Jesus answered, "You said it."*

### **Pray for those who have betrayed or hurt you. Let them off the hook. Ask for forgiveness, if necessary. Now, pray a blessing over them and their families.**

### ***Pause before you partake of His table. Visualize Jesus in your mind.***

Jesus was scourged until He was unrecognizable as a man.

Jesus was forced to wear a crown of thorns.

Jesus was nailed to a cross by having iron spikes driven through his hands and feet.

Jesus had to push His shredded body up a splinter-filled cedar beam just to catch another breath.

Jesus sweat drops of blood in utter agony.

Then . . . with His last breath, He finished the work He came to do. He took all of your sin upon Himself so you could be set free. Free from sin. Free from the past. Free from sickness and disease.

### **That is how much you are loved.**

Love has brought you here. He is beckoning you to His table.

*As they ate, Jesus took the bread and blessed it and broke it and gave it to his disciples. He said to them, "This is my body. Eat it."*

### **Pray for healing or freedom you need in your body and release of strongholds.**

### **Say aloud: "*I am free. I am healed.*" Eat the bread.**

*Then, taking the cup of wine and giving praises to the Father, he entered into covenant with them, saying, "This is my blood. Each of you must drink it in fulfillment of the covenant. For this is the blood that seals the new covenant. It will be poured out for many for the complete forgiveness of sins."*

### **Pray for your family members by name, aloud. Declare redemption over yourself and your household. Drink the cup.**

### **Feel the overwhelming love of Jesus. He loved you so much He gave it all. Offer thanksgiving to Jesus.**

Communion Resource: Beni Johnson, *The Power of Communion* (Destiny Image Publishers). Available on Amazon.