

God's Warriors

Lab Worksheets: Basic Training

LAB # 6: Breakout Session

Communion is a special and vital part of our spiritual weapons arsenal, so in this breakout session we will be taking communion!

In this this session you will learn:

- The power of communion.
- The importance of communion.
- The accessibility of communion.
- How to take communion at home yourself.
- How to use communion as a part of your spiritual armor.

You may have read about the armor of God listed in Ephesians 6:11-18. In verse 16, the shield of faith is listed. It says, “above all, taking the shield of faith with which you will be able to quench all the fiery darts of the wicked one.” (NKJV) Faith is essential to extinguishing (bring to nothing, render ineffective) the attacks that the devil and wicked spirits send your way.

Communion boosts your faith and strengthens you by bringing your focus directly to the power and completeness which the body and blood of the Messiah provides to all who partake of His life and allows you to connect to His unstoppable, undefeatable, provision.

Please review the entire lab first, then gather your communion elements. You will need something to eat that represents the body of Christ and you will need something to drink that represents the blood of Christ. You can use juice or water and a cracker, bread, or tortilla if that is what you have. (Remember the Lord's remark concerning the widow who gave two mites in Mark 12: 41-44. It is your heart towards Him and not the outward appearance that matters to the Lord.)

Please take the time to read through all the scriptures listed in this lab.

Let's begin!

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The act of receiving/taking communion is the act of applying or appropriating what the Lord did to your life. Appropriating, in this context means... "Jesus paid for it already, so I don't have to." Here's an example: Jesus experienced my pain when He was brutalized and died on the cross, so I don't have to tolerate pain in my life. I choose to bring pain into/under the authority of Jesus Christ and what He provided for me. I'm now free from pain since it was already taken care of by Him. Amen!" We have been given written permission to appropriate what the Messiah already did! Why not use it?

Psalm 23:5 (NKJV) says, "You prepare a table before me in the presence of my enemies; You anoint my head with oil; My cup runs over." It is understood that God prepared the table for David and placed thereon everything that pertained to the life that God ordained for David to live, and the provision needed for David to inherit all the promises that God had spoken concerning him, including sustainment of his life. It was David's responsibility to come to the table, sit down, by faith, take what he needed from the table, and eat from what was provided on the table. It was David's responsibility to do this as often as he needed or desired.

It is the same for us. Jesus already supplied EVERYTHING that you need. It is up to you to come to the table of the body and blood of Christ, sit down with Him, by faith, pick up the supplied provision, and partake of it. Communion provides you with the opportunity to do just that. It also provides you with a physical opportunity to release your faith. (Revelation 3:20)

Let's review 1 Corinthians 11:29-30 (NKJV):

"For he who eats and drinks in an unworthy manner eats and drinks judgment to himself, not discerning the Lord's body. For this reason many *are* weak and sick among you, and many sleep."

These scriptures refer to respecting the sacrifice of Jesus in the fullness of what respect means to the Father. Forgiveness of others, repentance of our own sin, and respect/reverence for God are absolutely included in the meaning of these verses, and there is more. Understanding the value Heavenly Father placed on the Son's sacrifice and what benefits are included for you as His child; placing your trust in what He did and using it in your life is equally represented. There is implication that each person must decide for themselves what they will choose to believe about the body of the Lord. Many are weak and sick because they fail to take part in the complete benefits of the divine exchange of Christ suffering brokenness so they can be made whole.

The Divine exchange is that Christ took our place of punishment in hell and suffering with all manner of sickness, disease, poverty, destruction, pain, and lack that should have come upon us because *we* sinned; and we were given *His* place of blessing and freedom with the Father. (1 Peter 3:18)

Some may not know what Christ truly did for humanity in His suffering, death, burial, and resurrection – other than saving us from hell so we can go to heaven. The Lord would not have us be ignorant concerning this. We will review the body and blood of Christ below.

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Review of what the communion elements connect to in Christ:

Bread - Represents the physical Body of the Lord.

The Body of Christ – In this context is not to be confused with the title that is used to refer collectively to believers. This is referencing what Christ literally suffered on our behalf as the payment that is/has been/will ever be required for all sin committed by all people throughout all time; and His literal, physical, death. Death is the penalty of all sin and payment must be made to ransom (redeem) those who are supposed to pay that penalty. Christ paid all payment for us. Death does not always appear as someone instantly falling lifeless. Death can be a slow deteriorating process that affects all parts of life – spirit (connection to the Godhead), soul (mind, will, emotion, intellect, and reasoning), and body (all elements that relate to physical well-being). Sin opens the door for the curse to be experienced in the life of the one who sins. But Christ paid for us to be free and have peace. Christ's body took the experience of the curse of sin and death so we do not have to carry or be afraid that we will face that burden.

Read: 1 Corinthians 11:24, Isaiah 53:1-7, 1 Peter 2:21-25, Galatians 3:13.

The Cup (the liquid in the cup - juice/wine/water) - Represents the physical blood of the Lord.

The Blood of Jesus – Provides total remission (removal, liberation from, freedom from bondage, forgiveness, pardon, release of imprisonment¹) of sins. Remission is different than covering sin. Sin that is “covered” is like hiding a large pile of dirt under a ridiculously small rug. The dirt (sin) is still there, it is simply covered temporarily. Remission, on the other hand, is a complete blotting out, obliteration, and removal of sin and its penalty. The blood of Jesus is an impenetrable wall, barrier, and boundary that protects those who apply it to their lives. No adversary can trespass beyond the Blood of Jesus. The Blood of Jesus is still alive and has a continual voice which speaks before the throne of God. When you apply the Blood to your life, it speaks to God and against your adversary (the devil, wicked spirits, demonic spirits, etc.) on your behalf. The Blood releases God's power on your behalf and stops the devil. The Blood of Jesus is absolute strength and unmatched power that always causes us to overcome - which nothing, and no one, can defeat or overturn. The Blood of Jesus can even stop death. The smearing of blood on the doorposts and lintels during the first Passover in Exodus is a type and shadow of the Blood of Jesus and its delivering power.

Read: Hebrews 9:11-14, Hebrews 12: 22-24, Hebrew 10:1-14, Hebrews 10:19-25, 1 Corinthians 11:25-26, Revelation 12:10-11, Exodus 12:22-23, Ephesians 2:13.

The body of Christ redeems and restores the human experience through life; and the Blood of Christ answers the legal aspects that are required in the spiritual realm. Hebrews 2:14-15.

¹<https://www.blueletterbible.org/lexicon/g859/kjv/tr/0-1/>, 10/13/2023.

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Read: Deuteronomy 28:16-68 to find out all that Christ paid for you to be free from.

Read: Luke 4:18-19 and Isaiah 61:1-3 to find out what Christ came into the earth to do.

This information has more use outside of communion.

Communion scriptures to read: 1 Corinthians 11:23-31, Matthew 26:26-28, Luke 22:17-20

Reading along with 1 Corinthians 11:23-31 is sufficient to walk you through how to take communion. However, I have included steps to help increase your confidence below. The Lord held the first communion during the season of Passover, but He provided no limitations on where, when, or how often communion should be taken. In 1 Corinthians 11:23-31, we are encouraged to take communion as often as we desire to proclaim the Lord's death until He returns. God desires intimate fellowship with you and that you be free. You can take communion daily or multiple times a day if you desire!

Steps to taking communion:

1. **Decide** that you will take communion.
2. **Gather**/prepare the communion elements that you will be using.
3. **Get** your Bible and turn to 1 Corinthians 11:23-31 or any other scripture the Holy Spirit is speaking to you about.
4. **Forgive** any/everyone that you are angry with, offended with, or have something against. (Forgiveness is a requirement for the Kingdom.)
5. **Repent** of any sin that you have committed for which you have not already repented. (Note: Do not repeatedly repent over the same matters. Once you sincerely repent to the Lord, you are forgiven, the sins are wiped out by the Blood, and God does not remember it anymore.)
6. **Value the Blood/Body of Jesus** as the most valuable, capable prize that you will ever have.
7. **Remember** the covenant that you have with the Godhead.
8. ***If you have any specific need that you want to receive communion for, consider that**, then consider what the word of God has already said about it. Place what the Word says about you higher than your circumstance and choose to believe the Lord's report.**
9. **Pray:** Thank God for the bread element and what it means. Thank Him for the body of Jesus that was broken for you and bless it in Jesus' Name.
10. **Eat** the bread element. While you eat, thank the Lord, and believe that the Lord has already solved your problem through what His body paid.

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11. **Pray:** Thank God for “the cup” (wine/juice/water) element and what it means. Thank Him for the Blood of Jesus that was shed for you and bless it in Jesus' Name.
12. **Drink** “the cup” element. While you eat, believe that the Lord has already solved your problem through what His Blood accomplished.
13. **Settle** in your heart/thoughts that everything that you brought to communion is FINISHED. Believe God that He heard your prayers and that the Body and Blood are doing all the work, and it was completed the moment you finished eating/drinking/praying. The Messiah declared on the cross “It is finished.” Cast your cares on Him.

*You can take communion for your help or deliverance from every area that is listed in Deuteronomy 28:16-68, 1 Peter 2:21-25, Isaiah 53:1-7, Isaiah 61:1-3. If you need internal strength because you are feeling weary from spiritual battle. You can be quickly strengthened, healed, energized, and encouraged by taking communion. If you have been facing attack from the enemy, you can be delivered! Communion can also be used to break strongholds, bad habits, and addictions in your life. You name it, the Body and Blood can release you. Hallelujah! [Note: You must truly desire to be free. Remember, what you tolerate or what is your friend, the Lord will not drive out because it is your will to have it in your life. God will not overpower your will to force you to choose life, healing, freedom, deliverance, etc. So, make up your mind before you take communion concerning it, and communion will work for you.] This is why taking communion is such an important part of our arsenal of spiritual weapons.

** If you have multiple needs that you are receiving communion for, locate scripture for each need if they are unrelated. Take a separate piece of bread and a separate drink from the cup for each need. Consider writing the needs down and the date that you received communion for them, this helps to stabilize your faith that the matter is finished and confirm when it was taken care of before the Lord; so, there is no room for doubt later.

Closing instructions:

As God's warrior, you can access this power, fellowship, help, and deliverance anytime and anywhere; but don't wait until you are exhausted or for a special occasion to use it. Stay built up.

Become familiar, comfortable, and confident with how to take communion at home - with just you and the Lord. Feel free to invite your family members or friends, too!

Come quickly, Lord Jesus!

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Notes: