

Holy Communion

Holy Communion is **NOT** the man-made tradition/pagan ritual that the churches have fabricated. Christ told us that He is "the bread of life" and that we would **never** hunger (spiritually) if we came to Him. Those who seek Him (the Truth - [Matt. 7:7-8](#)) with **ALL** of their heart ([Jer. 29:13](#)) will find that spiritual food and drink (Christ) from heaven just as He promised us.

Bethlehem - The old Hebrew name *bêth lehem*, meaning "house of bread".

John 6:32-35

6:32 Then Jesus said unto them, [Verily, verily, I say unto you, Moses gave you not that bread from heaven; but my Father giveth you the true bread from heaven.](#)

6:33 [For the bread of God is he which cometh down from heaven, and giveth Life unto the world.](#)

6:34 Then said they unto him, Lord, evermore give us this bread.

6:35 And Jesus said unto them, [I am the bread of life: he that cometh to me shall never hunger; and he that believeth me shall never thirst.](#)

I Corinthians 10:4 And did all drink the same spiritual drink: for they drank of that spiritual Rock that went with them: **and that Rock was Christ** (NOT Peter/Cephas which means "a little pebble or stone" – [John 1:42](#)).

John 18:10-11

18:10 Then Simon Peter having a sword drew it, and smote the high priest's servant, and cut off his right ear. The servant's name was Malchus.

18:11 Then said Jesus unto Peter, [Put up thy sword into the sheath: the "Cup" which my Father hath given me, shall I not drink it?](#) (the "Holy Grail")

The disciples asked Jesus if they could accompany him to heaven and were asked: "[Can you drink from the cup that I drink from?](#)" Obviously Jesus was not referring to the physical cup, or the wine used at the Last Supper because they all drank the wine from the cup, whilst drinking to the New Covenant. The real "Holy Grail" was not the physical cup that was used at the Last Supper; it was the bitter Cup of "[Self Crucifixion](#)" as Jesus referred to in Gethsemane. But humans always seeks the quick and easy path that tries to physicalize something that is spiritual, in order to delude himself into believing it is possible to achieve human immortality through the flesh, rather than **spiritual** immortality, in or out of the flesh.

Matthew 20:22-23, 26:27-28, 26:38-42

20:22 But Jesus answered and said, [Ye know not what ye ask. Are ye able to drink of the "Cup" that I shall drink of, and to be baptized with the baptism that I am baptized with?](#) They say unto him, We are able.

20:23 And he saith unto them, [Ye shall drink indeed of my cup, and be baptized with the baptism that I am baptized with: but to sit on my right hand, and on my left, is not mine to give, but \[it shall be given to them\] for whom it is prepared of my Father.](#)

26:27 And he took the cup, and gave thanks, and gave [it] to them, saying, [Drink ye all of it;](#)

26:28 [For this is my blood of the New Covenant, which is shed for many for the remission of sins.](#)

26:38 Then saith he unto them, [My soul is exceeding sorrowful, even unto death: tarry ye](#)

here, and watch with me.

26:39 And he went a little further, and fell on his face, and prayed, saying, O my Father, if it be possible, let this "Cup" pass from me: nevertheless not as I will, but as Thou [wilt].

26:40 And he cometh unto the disciples, and findeth them asleep, and saith unto Peter, What, could ye not watch with me one hour?

26:41 Watch and pray, that ye enter not into temptation: the spirit indeed [is] willing, but the flesh [is] weak.

26:42 He went away again the second time, and prayed, saying, O my Father, if this "Cup" (Holy Grail) may not pass away from me, except I drink it, Thy will be done.

Christ came here 2000 years ago in the body of Jesus, on a Mission from Father to show us and teach us The Way ([John 14:6](#)) that we all **MUST** be to be allowed to go home, to heaven. To follow His Example we too must live a Life of **DISCIPLINE** and "self"-sacrifice **DAILY** ([Luke 9:23](#)). It certainly wasn't easy for Christ to descend into hell (planet Earth) for a heavenly cause, to lovingly and unselfishly instruct us for our own good, only to have us so utterly despise Him for bringing us the Truth that we crucified Him. There can be no greater Example of placing God **FIRST** and everyone else before "self", with the human/body/flesh ("self") under **perfect** control, than Christ (the Spirit-Being) gave us by **voluntarily** allowing the body He was using (Jesus) to be crucified for the good of us all.

Instead of striving to emulate Christ's Life and listen to and obey God **ONLY** ([Acts 5:29](#)) as we should, we have made up our own rules and incorporated pagan rituals about what we **mistakenly** think God wants us to do (please see [Matt. 7:21-27](#), [Matt. 15:9](#)). The Way to draw closer to Father (God) is through complete obedience to and dependence upon Him ([James 4:8](#)); asking for His Guidance in every moment and with every decision.

A child trusts that their parent will do what is best for them and that the rules and discipline applied are for their own good. That child-like trust (faith) in Father (God) is what we should all be striving to build ([Matt. 18:3-4](#)). We should be praying (talking to Father) **WITHOUT CEASING** ([1 Thess. 5:17](#)), meaning we should seek His Counsel on **EVERYTHING** we do. Every opportunity to Commune with Him is an opportunity for us to learn how to be good, from The **ONLY** One Who **IS** Good ([Matt. 19:17](#)) which is why we were sent here ([Gen. 1:26](#), [Rev. 12:7-9](#)).

There are accounts of the Last Supper given in Matthew, Mark, Luke and another in Paul's first letter to the Corinthians. Christ used the bread to **SYMBOLIZE** His Body that He had "broken" (like a horse or animal is broken, i.e. brought under subjection). In other words His Body (Jesus) was under the complete subjection of the Spirit-Being (Christ), Who learned to control it **perfectly** (the Spirit in control of the flesh – [Rom. 8:5-8](#)). He likewise used the wine to **SYMBOLIZE** His Blood, which He **WILLINGLY** sacrificed for us all. By telling His Disciples "Drink ye all of it" Christ was explaining that we must learn to become enough like Him so we too can unselfishly give our human lives for the good of others. "Greater love hath no man than this, that a man lay down his life for his friends" ([John 15:13](#)).

Please review the following Gospel accounts of the Last Supper with this in mind.

Matthew 26:26-29

26:26 And as they were eating, Jesus took bread, and blessed [it], and brake [it], and gave [it] to the disciples, and said, Take, eat; this is my body.

26:27 And he took the cup, and gave thanks, and gave [it] to them, saying, [Drink ye all of it;](#)
26:28 [For this is my blood of the New Covenant, which is shed for many for the remission of sins.](#)

26:29 [But I say unto you, I will not drink henceforth of this fruit of the vine, until that day when I drink it new with you in my Father's Kingdom.](#)

Mark 14:22-25

14:22 And as they did eat, Jesus took bread, and blessed, and brake [it], and gave to them, and said, [Take, eat: this is my body.](#)

14:23 And he took the cup, and when he had given thanks, he gave [it] to them: and they all drank of it.

14:24 And he said unto them, [This is my blood of the new Covenant, which is shed for many.](#)

14:25 [Verily I say unto you, I will drink no more of the fruit of the vine, until that day that I drink it new in the Kingdom of God.](#)

Luke 22:13-20

22:13 And they went, and found as he had said unto them: and they made ready the Passover.

22:14 And when the hour was come, he sat down, and the twelve apostles with him.

22:15 And he said unto them, [With desire I have desired to eat this Passover with you before I suffer:](#)

22:16 [For I say unto you, I will not any more eat thereof, until it be fulfilled in the Kingdom of God.](#)

22:17 And he took the cup, and gave thanks, and said, [Take this, and divide \[it\] among yourselves:](#)

22:18 [For I say unto you, I will not drink of the fruit of the vine, until the Kingdom of God shall come.](#)

22:19 And he took bread, and gave thanks, and brake [it], and gave unto them, saying, [This is my body which is given for you: whenever you do this remember me.](#)

22:20 Likewise also the cup after supper, saying, [This cup \[is\] the New Covenant in my blood, which is shed for you.](#)

Please note well that Christ **NEVER** told us to remember Him with the ritual the churches call "Holy Communion". He told us to remember Him whenever we feed these bodies so that we would never forget His Example of Discipline and "self"-sacrifice at the very time we are in most need of "self" control.

We should all be feeding these bodies (that we are **TEMPORARILY** using) **ONLY** what they need so that we are not wasteful and forgetful of what God has given us ([Deut. 32:15-18](#)). Christ also told us He would **NOT** drink of the fruit of the vine again until this Earth is remade into God's Kingdom. Why then do the churches think that they should serve everyone wine to drink? To openly mock Christ? Shouldn't we follow Christ's Example ([John 14:6](#)) in **EVERY** way instead of doing the exact opposite?

The New Covenant in His Blood ([Dan. 9:27](#)) is our final opportunity to listen to and obey God **ONLY** ([Acts 5:29](#)), just as Christ has shown and continues to show us by Word **AND** Example. If we are not living by The Law just as Christ does ([Matt. 5:17-20](#)) then we have **NOT** accepted the New Covenant/Contract and will be judged by the Old Covenant/Contract

whereby we have all earned the **death penalty** ([Deut. 28](#)) for our sins ([Ezek. 18:4](#), [20](#), [Rom. 6:23](#)). Accepting the New Covenant means we must **spiritually** drink from the “Cup” of self-sacrifice that Christ drank from or, in other words, we must follow His Example of “self”-sacrifice in thought, word and deed. It certainly does not have anything to do with gathering into one place to eat the Lord’s Supper as Father clearly told us in Paul’s first letter to the Corinthians:

I Corinthians 11:20-30

11:20 **When ye come together therefore into one place, [this] is NOT to eat the Lord's supper** (the bread and the wine).

11:21 For in eating every one taketh before [other] his own supper: and one is hungry, and another is drunken.

11:22 What? Have ye not houses to eat and to drink in? Or despise ye the community of God, and embarrass them that are poor [and have not]? What shall I say to you? Shall I praise you in this? **I praise [you] not.**

11:23 For I have received from the Lord that which also I delivered unto you, That the Lord Jesus the [same] night in which he was betrayed took bread:

11:24 And when he had given thanks, he brake [it], and said, [Take, eat: this is my body, which is broken for you: this do in remembrance of me](#) (every time you eat or drink remember my teaching and "Self"-sacrifice and follow my example daily).

11:25 After the same manner also [he took] the cup, when he had supped, saying, [This cup is the New Covenant in my blood: this do ye, as often as ye drink, in remembrance of me.](#)

11:26 For as often as ye eat this bread, and drink this cup, ye do show the Lord's death till he come.

11:27 Wherefore whosoever shall eat this bread, and drink [this] cup of the Lord, unworthily [whilst still committing sin], shall be guilty of the body and blood of the Lord.

11:28 **But let a man examine himself, and so let him eat of [that] bread, and drink of [that] cup.**

11:29 For he that eateth and drinketh unworthily, eateth and drinketh damnation to himself, not discerning the Lord's body.

11:30 For this reason many [are] weak and sickly among you*, and many sleep.

Mark 10:38-39

10:38 But Jesus said unto them, [Ye know not what ye ask: can ye drink of the "Cup" that I drink of? and be baptized with the baptism that I am baptized with?](#)

10:39 And they said unto him, We can. And Jesus said unto them, [Ye shall indeed drink of the cup that I drink of; and with the baptism that I am baptized withal shall ye be baptized:](#)

*The reason there are so many weak and sick among us is also explained in Deuteronomy 28. Sickness is a punishment for disobedience to God’s Law (sin – [1 John 3:4](#), [John 5:14](#)).

Proverbs 4:14-17

4:14 **Enter not into the path of the wicked, and go not in the way of evil [men].**

4:15 Avoid it, pass not by it, turn from it, and pass away.

4:16 For they sleep not, except they have done mischief; and their sleep is taken away, unless they cause [some] to fall.

4:17 **For they eat the bread of wickedness, and drink the wine of violence.**

Jeremiah 44:17-19

44:17 But we will certainly do whatsoever thing goeth forth out of our own mouth, to burn incense unto **the queen of heaven**, and to **pour out drink offerings unto her, as we have done, we, and our fathers, our kings, and our princes**, in the cities of Judah, and in the streets of Jerusalem: for [then] had we plenty of victuals, and were well, and saw no evil.

44:18 But since we left off to burn incense to **the queen of heaven**, and to **pour out drink offerings unto her**, we have wanted all [things], and have been consumed by the sword and by the famine.

44:19 And when we burned incense to **the queen of heaven**, **AND Poured out Drink Offerings unto her, did we make her wafers to worship her**, and pour out drink offerings unto her, without our men?

Jeremiah 51:7-9

51:7 Babylon [hath been] a golden cup in the "I AM"'s hand, that made all the earth drunken: **the nations have drunken of her wine; therefore the nations are mad.**

51:8 Babylon is suddenly fallen and destroyed: howl for her; take balm for her pain, if so be she may be healed.

51:9 We would have healed Babylon, but she is not healed: **forsake her**, and let us go every one into his own country: for her Judgment reacheth unto heaven, and is lifted up [even] to the skies.

Revelation 14:8-9

14:8 And there followed another angel, saying, Babylon is fallen, is fallen, that great city, because **she made all nations drink of the wine of the wrath of her fornication.**

14:9 And the third angel followed them, saying with a loud voice, If any man worship the beast and its image, and receive [its] mark in his forehead, or in his hand,

14:10 The same shall drink of the wine of the wrath of God, which is poured out without mixture into the cup of His indignation; and he shall be tormented with fire and brimstone in the presence of the holy angels, and in the presence of the Lamb:

Revelation 17:4-5

17:4 And the woman was arrayed in PURPLE (bishops) and SCARLET (cardinals) colour, and decked with gold and precious stones and pearls, **having a golden cup in her hand full of abominations and filthiness of her fornication:**

17:5 And upon her forehead [was] a name written, MYSTERY ([2 Thess. 2:7](#)), BABYLON THE GREAT, THE MOTHER OF HARLOTS (her daughters) AND ABOMINATIONS OF THE EARTH.

Revelation 18:3-4

18:3 **For all nations have drunk of the wine of the wrath of her fornication**, and the kings of the earth have committed fornication with her, and the merchants of the earth are waxed rich through the abundance of her delicacies.

18:4 **And I heard another voice from heaven, saying, COME OUT of her, MY people**, that ye take not part in her sins, and that ye receive not of her plagues (punishment).

So what is TRUE Holy Communion?

Holy Communion (Communication/Union) is simply Spiritual Converse with God via our **telepathic** connection to Him – the Holy Spirit. It is Communion/Communication with our Holy Father (God, **NOT** the pope). What worldly pleasure could ever bring the Joy that Holy Communion with our heavenly Father does?

It is truly the greatest gift mankind could be given and it is vitally necessary. Father is The Source of **ALL** Strength, Wisdom, Love and Understanding. There is no real Life, no real Joy, no real learning and no real sense of fulfillment without Father's Guidance which we can **only** receive through Communion with Him. We must **NOT** seek our own ways to God ([Deut. 12:8](#)) but instead seek Father where He has told us He will be ([Psalm 46:10](#)) and approach Him **EXACTLY** as He has **COMMANDED (IN PRIVATE - [Matt. 6:5-8](#))**.

We should be praying/talking/communing with God **WITHOUT CEASING** to receive the benefit of His Guidance on everything.

Colossians 2:2-3

2:2 That their hearts might be comforted, being knit together in love, and unto all riches of the full assurance of understanding, to the acknowledgement of the mystery of God, the Father, and of Christ;

2:3 **Wherein are hid ALL the treasures of wisdom and knowledge.**

Revelation 10:7-10

10:7 But in the days of the voice of the seventh angel, when he shall begin to sound, the mystery of God should be finished, as He hath declared to His servants the Prophets.

10:8 And **the voice which I heard from heaven spoke unto me again, and said, Go [and] take the little book which is open in the hand of the angel** which standeth upon the "sea" and upon the "earth".

10:9 And I went unto the angel, and said unto him, Give me the little book. And he said unto me, Take [it], and eat it up; and it shall make thy belly bitter, but it shall be in thy mouth as sweet as honey.

10:10 And I took the little book (white stone [ch. 2:17](#)) out of the angel's hand, and ate it up; and it was in my mouth sweet as honey: and as soon as I had eaten (digested) it, my belly was bitter.

That "little book" is "**The Way home or face The Fire**" by JAH, which is a free gift promised to the world ([John 16:25](#)) here in these [end-times](#), and can be downloaded for free at <http://thewayhomeorfacethefire.net>

Time is running out for the people of this world to stop listening to the blind guides of organized religion ([Matt. 15:14](#)) and blindly following their pagan rites and rituals ([Mal. 4](#)). There will **NEVER** be peace on Earth, until **ALL** of the satanic, organized-religions are gone, and people keep **The COMMANDMENTS; The COVENANT**, and **DO** God's Will, which is **ONLY** possible through **DIRECT** spiritual-converse with Him (i.e. **TRUE** Holy Communion with God).

Long Live The King (Christ), Long Live The Fighters (for God)

