

## “THIS IS”

1 Corinthians 11:24-25 “This is my body, which is for you. . . This cup is the new covenant in my blood. . .”

When you receive the Lord’s Supper, what do you receive? Within Christianity, there are actually three uniquely different answers given to this question. This question is extremely important, especially when you carefully look at Jesus’ words of institution spoken by Him on the night He was betrayed. One group says that you receive only bread and wine. A second group says you receive only the body and blood of Jesus. Finally, a third group says you receive bread and wine and the body and blood of Jesus.

What then did Jesus say and mean? What Jesus said is recorded in several places in the Bible: 1) Matthew 26:26-28 “While they were eating, Jesus took *some* bread, and after a blessing, He broke *it* (bread) and gave *it* to the disciples, and said, “Take, eat; this (bread) is My body.” And when He had taken a cup (wine) and given thanks, He gave *it* (cup of wine) to them, saying, “Drink from it, all of you; for this (wine) is My blood of the covenant, which is poured out for many for forgiveness of sins.” 2) Mark 14:22-24 While they were eating, He took *some* bread, and after a blessing He broke *it*, and gave *it* to them, and said, “Take *it*; this is My body.” And when He had taken a cup *and* given thanks, He gave *it* to them, and they all drank from it. And He said to them, “This is My blood of the covenant, which is poured out for many.” 3) 1 Corinthians 11:16 Is not the cup of blessing which we bless a sharing in the blood of Christ? Is not the bread which we break a sharing in the body of Christ?” 4) 1 Corinthians 11:23-25 the Lord Jesus in the night in which He was betrayed took bread; and when He had given thanks, He broke it (bread) and said, “This is My body, which is for you; do this in remembrance of Me.” In the same way *He took* the cup (wine) also after supper, saying, “This cup (wine) is the new covenant in My blood; do this, as often as you drink *it (wine)*, in remembrance of Me.”

All the passages of Holy Scripture where the Lord’s Supper is mentioned, say the bread is Christ’s body and the cup is Christ’s blood. All four elements, bread-body, cup (wine)-blood are mentioned. No mention is made they represent and no word is recorded that says the bread and wine are changed into body and blood. When you receive the Lord’s Supper Jesus says with the verb IS, with the bread you receive Christ’s body and with the wine you receive His blood for the

forgiveness of your sins. The Holy Spirit gives you faith to receive this holy meal with confidence and trust that with the bread and wine you receive Jesus' body and blood, given and shed for you for the forgiveness of your sins.

Prayer: Dear Jesus, thank You for instituting Your Supper for me to receive your body and blood, in, with and under the bread and wine for the forgiveness of my sins, eternal life and salvation. Amen.

What is this bread? Christ's body risen from the dead;  
This bread we break, This life we take, Was crushed to pay for our release  
O taste and see— The Lord is peace.

What is this wine? The blood of Jesus shed for mine;  
The cup of grace Brings His embrace Of life and love until I sing!  
O Taste and see— The Lord is King.

So who am I, That I should live and He should die  
Under the rod? My God, my God, Why have you not forsaken me?  
O taste and see— The Lord is free.

Yet is God here? Oh, yes! By Word and promise clear,  
In mouth and soul He makes us whole— Christ, truly present in this meal.  
O taste and see— the Lord is real.

Is this for me? I am forgiven and set free!  
I do believe That I receive His very body and His blood.  
O taste and see— the Lord is good.  
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