



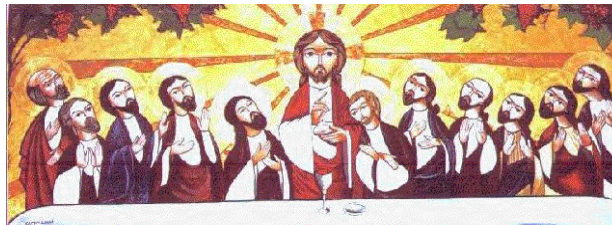
The Sacrament of Love



Micah

Hi Everyone, Micah here. The past couple of times we met I told you about the first two sacraments we are given. The first one was **Baptism** and the second one was **Confirmation**. The third one is the sacrament we call the **Sacrament of Love**. This sacrament is the most important because in all the other sacraments, the Grace of God helps us fight the evil one but with this sacrament, the Lord Jesus Christ Himself is in us and fights the evil one for us.

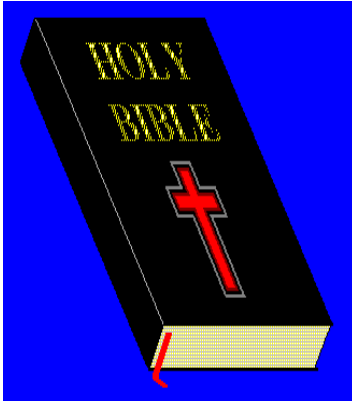
This sacrament is the Sacrament of the Eucharist or more commonly known as the **Sacrament of Communion**.



Do you know how we received this very special sacrament? It happened a long time ago while the Lord Jesus Christ was still living on earth. It was getting very close for Him to be crucified because of the sin Adam committed in the Garden of Eden. When it came time for the Passover Feast, an important occasion for the Jews, the Lord Jesus Christ celebrated this feast in an upper room, which belonged to St. Mark's family.

While He was there, He took bread on His hands and broke it and gave it to His holy Apostles saying, 'Take eat of it all of you for this is My Body.' Then He took the cup that had wine in it and blessed it and gave thanks and said, 'Take, drink it all. For this is My Blood which will be shed for you and for many to be given for the remission of sin. Do this in remembrance of Me.'

And so the Lord Jesus Christ Himself gave the very first **Communion** to His disciples in the Upper Room. How very special and important this sacrament.



The Holy Bible is filled with verses about this special sacrament. St. Paul writes, *"I no longer live but Christ lives in me."* When I take the Lord Jesus Christ in me, I do what He wants me to do and not what the devil would have me do.

St. John writes in the Holy Book of Revelations, *"They overcame him (devil) by the Blood of the Lamb (Jesus Christ)."*

David the prophet writes in his famous Psalm, *"Thou prepare a table before me in the presence of my enemies."* The **Holy Communion** is the table that the Lord prepares for us to conquer our spiritual enemies.

The Lord Jesus said, *"Whoever eats My Body and drinks My Blood dwells in Me and I in him."*

And there are so many other verses talking about how powerful this sacrament is.



Micah

Through the **Holy Communion** we dwell in the Lord Jesus Christ and He dwells in us and we can say with St. Paul, *"our life is hid with Christ in God."*

We don't know how this dwelling in the Lord Jesus Christ occurs but we do know the blessings we receive. The Lord Jesus said, *"He that abides in Me and I in him, the same brings forth much fruit...If you abide in Me and My words are in you, you shall ask what you will and it shall be done to you."*



What did it take for the Lord Jesus to give us His Body and Blood in the **Sacrament of Communion**? He had to first die on the Holy Cross in order for us to get this sacrament. Because He had to die this holy sacrament gives us life. Every time we take the **Holy Communion** we take in the Lord Jesus Christ and the Lord Jesus said about Himself that He is the *'Way, the Truth and the Life.'* No man can go to the Father in Heaven except through the Lord Jesus Christ.

So not only does it give us life on earth but also in Heaven. The Lord Jesus Christ said, "If any man eat of this Bread he shall live forever, and the Bread that I will give is My Flesh which I will give for the life of the world. Who eats My Flesh and drinks My Blood has eternal life.

It is only through eating His Body and drinking His Blood that we have eternal life. If we stop taking the **Holy Communion** we become like a branch that does not get any water from the root and we wither and die.

This is the food we get from Heaven. When the people of Israel left Egypt and lived in the wilderness, God provided for their food by sending Manna from Heaven. The Lord Jesus Christ's Body and Blood is this Manna we get from Heaven today. No body can live without eating and no soul can live without the **Sacrament of Communion**.

Let us never forget to take our Lord's Body and Blood that we may never be separated from Him. If we are separated from God, our soul will die and we will give the devil our freedom to control.

