

Communion is...

Communion is nutrient rich spiritual food, necessary for my spirit to thrive.

Read Matthew 26:36-46

In reference to physical food, we know that there are some foods that are nutrient rich and others that are empty as far as nutritional value. When we feed our bodies nutrient rich foods, they truly strengthen us and give our cells what we need to be strong and energized for life.

In transferring that same understanding to spiritual food, do we understand that the communion meal is the most nutrient rich food we could ever partake of? Not the actual communion elements themselves... which might include a simple sip of juice and small bite of bread... no, the nutrient rich food is Jesus Himself.

Perhaps this is why we see such a difference in the behavior of Jesus compared to the behavior of the disciples in verses 36-46. The disciples literally could not stay awake in support of Jesus during this critical time. They had no energy for the need at hand. They were so weak!

Now one might argue, “but they had just had communion!” True, but just like we know how eating one salad of organic whole vegetables doesn't undo a lifestyle of unhealthy food choices for our bodies... the same is true for us spiritually. Consistently partaking of nutrient rich food over time is so important.

When we commune with Jesus, we are partaking of the most nutrient rich spiritual food ever... full of love, hope, Truth, grace, faithfulness, creativity, wisdom, joy, peace, understanding, knowledge, counsel, forgiveness, LIFE, kindness, freedom, goodness, gentleness and more... As we eat this rich meal, again and again, communing with Jesus... over time, His body and His blood will strengthen us in supernatural ways to be able to live as He did, strong in the face of challenge, surrendered to the Father's will, and full of faith and confidence!

Prayer Conversation Starter...

Jesus, just like I might not be able to explain how all the vitamins and minerals in my food contribute to the health of my body, I can't exactly explain how partaking of communion will contribute to my spiritual health, but I know that it does. So, draw me to Your table often, because I want to be spiritually healthy, awake and energized for all that You have for me.



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