

DISCERNING THE BODY DURING COMMUNION – The Meal that Heals

You might be surprised to know that the New Testament gives one and only one reason Christians are weak and sick, and die prematurely. (You can't count the story of Ananias and Sapphira – ask me why).

The apostle Paul, in **1 Corinthians 11:23–30**, said, “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.” Sleep here means death, not bodily rest.

And what is “this reason” that Paul was highlighting to us? He said, “... not discerning the Lord’s body. For this reason...” So the reason the Corinthians became weak and sick was their failure to discern the Lord’s body.

It means that they did not know why they were partaking of the body when they came to the Table. They had no idea why they were eating the bread. And this was the reason they were not receiving the divine life of their Savior, causing them to be weak and sick, and to die prematurely. Since truth is parallel, it means that if we do discern the Lord’s body, we will walk in His health and wholeness.

The Bread Is For Healing

Mark 7:26–28

When Jesus spoke to the Syro-Phoenician woman regarding her daughter’s healing, He called healing “the children’s bread”. Note deliverance is included in healing (**Acts 10:38**) as disease and demon possession are the work of the devil.

Israelites eat the Passover Lamb and are healed

Exodus 12:8 If the body of a “shadow lamb” could bring such supernatural results, how much more the body of the true “substance lamb”, our Lord Jesus Christ! They ate the roasted lamb and the unleavened bread. This was to give them strength for the journey. It was not natural strength that they received. It was supernatural. That is why there were “... none feeble”. (**Psalms 105:37**) It takes a supernatural work of God for 2.5 million slaves to all be healthy. We know that this lamb was a mere shadow of the real substance. So if the body of a “shadow lamb” could bring such supernatural results, how much more the body of the true “substance lamb”, our Lord Jesus Christ! David described the benefits of communion this way, “Bless the Lord, O my soul, and forget not all His benefits: who forgives all your iniquities, who heals all your diseases”. (**Psalms 103:2–3**) Notice that His benefits include the forgiveness of our sins as well as the healing of our diseases.

What It Means To Discern The Body

Jesus body was so filled with life that even His clothes were soaked with His health. The Bible says that a woman with an issue of blood for 12 years came to Him knowing that He was her only hope. (**Mark 5:25–34**). If the hem of His garment could be soaked with His health, can you imagine His body? No wonder Luke said, “And the whole multitude sought to touch Him, for power went out from Him and healed them all.”

By His Stripes we are healed

1 Peter 2:24 Isa 53:5

So when you come to the Lord’s Table, make sure that you discern His body. And as you partake of the bread, know He bore the stripes so that your body can be whole. When you partake in this spirit of faith, something happens to your body. You become strong, healthy and you will live long.

Jesus wants us to take the bread and believe that His body was given so that our bodies can be made well. And when we discern it that way, we are partaking worthily. When you come to His Table and release your faith in the Lord’s body, you will receive the benefits of healing, health and wholeness.