

## The Lord's Supper

We have done a lot of teaching and prophesying about the False Communion. This does not mean that we should not continue to practice the true sacrament of the Lord's Supper or Communion in our own homes or fellowship groups. The following are suggestions for doing that. We need to remember the purpose of the Passover meal and the importance of trusting Jesus for everything we need in our lives as we realize the perilous times we are living in. When I prepare the sacrament I pray over myself for forgiveness, cleansing, anointing, and for the Lord to prepare the hearts of those who will be receiving it. We usually ask everyone to examine their own hearts before partaking, read the passage pertaining, and sing some praise music before, after, or both. After the sacrament is also a good time to anoint with oil and pray for individual healing. (Recipe found on the Internet)

### Unleavened Communion Bread Recipe

1/8 C. Honey

1/8 C. Olive Oil

1/2 C. Water

1/4 t. Salt (sea)

Heat in sauce pan and mix well until it almost burns.

Add to that mix 1/2 C. Whole Wheat Flour and mix well.

Let Cool

Turn out onto floured board and knead until dough looks glazed.

Bake 20-30 minutes at 325 -350 degrees

This can be frozen and thawed when used later.

### Communion Wine - Fruit of the Vine

There has always been much controversy about this, so we leave it to personal choice and prayer. If you choose to use real wine, it should be 1 part red wine mixed with 2 parts water as was the custom of the early church fathers. Or, you may use grape juice full strength. The point is to Remember Jesus.

### Luke 22:19-20

(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: this do in remembrance of me.

(20) Likewise also the cup after supper, saying, This cup is the new testament in my blood, which is shed for you.