

# Holy Communion: The One Reason for Sickness and Four Remedies

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## Holy Communion: The One Reason for Sickness and Four Remedies

*“For this reason many are **weak and sick** among you, and **many sleep**.” — 1 Corinthians 11:30 (NKJV)*

**Highlight key:** = grace / apart-from-works truth · = the precious gift · **bold** = key terms

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## One Reason — Not Discerning the Lord’s Body

1 Corinthians 11:30 — for **one reason** many are weak, sick, and sleep before their time. Not many reasons — find the one and receive the remedy.

- One reason — not *reasons*
- Weak, sick, sleep early — all from the same root
- Context: Holy Communion — remember what He did
- Unworthy **manner**, not unworthy person — go as you are

## 1 Corinthians 11:23-32

*“23 For I received from the Lord that which I also delivered to you: that the Lord Jesus on the same night in which He was betrayed took bread; 24 and when He had given thanks, He broke it and said, “Take, eat; this is My body which is broken for you; do this in remembrance of Me.” 25 In the same manner He also took the cup after supper, saying, “This cup is the new covenant in”*

*“My blood. This do, as often as you drink it, in remembrance of Me.” 26 For as often as you eat this bread and drink this cup, you proclaim the Lord’s death till He comes. 27 Therefore whoever eats this bread or drinks this cup of the Lord in an unworthy manner will be guilty of the body and blood of the Lord. 28 But let a man*

*examine himself, and so let him eat of the bread”*

*“and drink of the cup. 29 For he who eats and drinks in an unworthy manner eats and drinks judgment to himself, not discerning the Lord’s body. 30 For this reason many are weak and sick among you, and many sleep. 31 For if we would judge ourselves, we would not be judged. 32 But when we are judged, we are chastened by the Lord, that we may not be condemned with the world.”*

**1 Corinthians 11:30 (NKJV)**

*“For this reason many are **weak and sick** among you, and **many sleep**.” — 1 Corinthians 11:30 (NKJV)*

**1☐ Remember It Is Free — Prevent Falling Like Adam**

Genesis 2:16 — **freely eat**. Eve dropped that one word — thought blessings must be earned. Adam’s fall began by forgetting everything is *free*.

- Gift vs reward — blessing is a gift, not wages
- Romans 5:17 — gift of righteousness
- Psalm 103:2 — **forget not** all His benefits
- Forgives all iniquity; heals all diseases — at the cross He saw you

| Adam’s mistake                     | Communion remedy               |
|------------------------------------|--------------------------------|
| Forgot <b>freely</b> eat           | Remember — <b>all free</b>     |
| Earn like God — ate knowledge tree | Receive gift — prevent falling |
| Devil: do this to get that         | God: already gave everything   |

**Genesis 2:16**

*“And the Lord God commanded the man, saying, “Of every tree of the garden you may freely eat;” — Genesis 2:16*

**Genesis 3:2**

*“And the woman said to the serpent, “We may eat the fruit of the trees of the garden;” — **Genesis 3:2***

### **Psalm 103:1-3**

*“1 Bless the Lord, O my soul; And all that is within me, bless His holy name! 2 Bless the Lord, O my soul, And forget not all His benefits: 3 Who forgives all your iniquities, Who heals all your diseases,” — **Psalm 103:1-3***

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## **2☐ Open Your Eyes — Provision Is Near**

Hagar in the wilderness — water was **right beside her**. God opened her eyes. Adam’s eyes opened to *lack*; communion opens eyes to **provision**.

- Genesis 21:19 — God opened her eyes; she saw the well
- Genesis 3:7 — knowledge tree opened eyes to nakedness and poverty
- Luke 24:31 — Emmaus: eyes opened when they broke bread
- Holy Communion opens eyes to Jesus and His blessing

### **Genesis 21:19**

*“Then God opened her eyes, and she saw a well of water. And she went and filled the skin with water, and gave the lad a drink.” — **Genesis 21:19***

### **Genesis 3:7**

*“Then the eyes of both of them were opened, and they knew that they were naked; and they sewed fig leaves together and made themselves coverings.” — **Genesis 3:7***

### **Luke 24:31**

*“Then their eyes were opened and they knew Him; and He vanished from their sight.” — **Luke 24:31***

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### 3☐ Redeemed From Bondage — Passover Lamb

430 years in bondage — Moses' plagues could not free them. Blood on the doorpost and eating the lamb — **first Holy Communion** — broke every chain.

- Exodus 12:7-9 — blood on lintel; eat the roasted lamb
- Next morning: bondage broken, gold and silver restored
- Jesus: I am the true Lamb — eat My body, drink My blood
- Angel of death cannot enter when blood is applied

#### Exodus 12:7-9

*“7 And they shall take some of the blood and put it on the two doorposts and on the lintel of the houses where they eat it. 8 Then they shall eat the flesh on that night; roasted in fire, with unleavened bread and with bitter herbs they shall eat it. 9 Do not eat it raw, nor boiled at all with water, but roasted in fire — its head with its legs and its entrails.”*

#### Exodus 12:40-41

*“40 Now the sojourn of the children of Israel who lived in Egypt was four hundred and thirty years. 41 And it came to pass at the end of the four hundred and thirty years — on that very same day — it came to pass that all the armies of the Lord went out from the land of Egypt.” — Exodus 12:40-41*

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### 4☐ Heal — Zero Feeble Among Their Tribes

Psalm 105:37 — after Passover, **not one feeble person** among millions. Discern the body: bread broken for *healing*; blood shed for forgiveness.

- Isaiah 53 — His body broken so you are healed
- Blood = forgiveness of sins; body = healing — do not mix them up
- Matthew 26 — new covenant in blood; body reason kept for faith-seekers
- Worthy manner = discerning what body and blood each accomplish

#### Psalm 105:37

“...and there was not one feeble person among their tribes.” — **Psalms 105:37**

**Matthew 26:26-28**

“26 And as they were eating, Jesus took bread, blessed and broke it, and gave it to the disciples and said, “Take, eat; this is My body.” 27 Then He took the cup, and gave thanks, and gave it to them, saying, “Drink from it, all of you. 28 For this is My blood of the covenant, which is poured out for many for the forgiveness of sins.” —

**Matthew 26:26-28**

**Eat the Tree of Life — Reverse Adam’s Curse**

Adam ate the tree of knowledge — death entered by **eating**. God reverses the curse through eating: communion proclaims the Lord’s death till He comes.

- Tree of life = Jesus — Adam never ate it; we can
- Eat as often as needed — house to house breaking bread
- Kings and priests — you may break bread as priest
- Go higher than Adam — eat life, live sickness-free, pain-free, sorrow-free

| Tree of knowledge        | Tree of life (Communion)           |
|--------------------------|------------------------------------|
| Adam ate — curse entered | Eat Christ — <b>curse reversed</b> |
| Eyes opened to lack      | Eyes opened to <b>provision</b>    |
| Reward system            | <b>Gift</b> — freely eat           |

**Discern the Body — Strong, No Sickness, Long Life**

Worthy manner means knowing what the **body** and **blood** accomplish. Proclaim His death till He comes — weakness and sickness end when you discern correctly.

- Body broken for **healing** — Isaiah 53
- Blood shed for **forgiveness** — do not confuse the two

- Break bread house to house — eat whenever you need strength
- Kings and priests — you may take communion at home in need

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## As Often As You Eat — Proclaim His Death

1 Corinthians 11:23-32 — as often as you eat, you proclaim the Lord's death. Judge yourself, discern the body, and receive strength — not weakness.

1. 1☐ **Remember free** — prevent falling
2. 2☐ **Open eyes** — see provision near
3. 3☐ **Redeem bondage** — Passover lamb
4. 4☐ **Heal** — discern the Lord's body
  - 1 Corinthians 11:23-26 — do this in remembrance; proclaim till He comes
  - New covenant in blood — sins forgiven, not earned
  - Body broken — healing is the body's purpose at communion
  - Strong, no sickness, long life — the promise when you discern rightly

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## Two Trees — Eat Life, Reverse the Curse

Adam ate knowledge of good and evil — curse by **eating**. God reverses through communion: eat the **Tree of Life** — Jesus, the way, truth, and life.

- Tree of knowledge = reward system; Tree of life = Christ Himself
- Eat as often as needed — house to house breaking bread
- Kings and priests — proclaim His death wherever you eat
- Go higher than Adam — he never ate life; you can

| Unworthy manner             | Worthy manner                               |
|-----------------------------|---------------------------------------------|
| Body = forgiveness only     | Body = <b>healing</b> ; blood = forgiveness |
| Don't know what body is for | <b>Discern</b> the Lord's body              |

| Unworthy manner         | Worthy manner                          |
|-------------------------|----------------------------------------|
| Weak, sick, sleep early | <b>Strong</b> , no sickness, long life |

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## The Takeaway

1. **One reason** — not discerning the Lord's body.
  2. **Remember it's free** — prevent falling like Adam.
  3. **Open your eyes** — provision is near.
  4. **Redeemed from bondage** — Passover lamb.
  5. **Eat the Tree of Life** — reverse Adam's curse.
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*Scripture-based study on Holy Communion and the one reason for sickness. If it strengthened you, share it with someone who needs this truth today.*

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