

GO DEEPER

Self-Examination Questions

What has your attitude toward the Lord's Supper been? What have you previously believed about the blood and the body of Christ in the Lord's Supper?

How have you treated the other members of the body of Christ?

What is the Lord speaking to you about how you should be treating your local church body?

Personalize Duane's Closing Prayer

Father, thank you for the forgiveness of my sins and the blood of Jesus. I mix faith with them today. Thank you for the bread and that there's one body but many members. Holy Spirit, I ask You to help me discern the body today. I thank You for strengthening me, healing me, and giving me long life, in Jesus' name. Amen.

Action Steps

- In your Healing University journal, draw an outline of a body or stick figure. Label Christ the head and start labeling the rest of the body with names of the local body of believers, including yourself. At the bottom of the page, write your thoughts about the other members of the body and how you treat them.
- Settle in your heart any doubts about the elements of the Lord's Supper and what it means to discern the body. Examine your heart and, when you are ready, make the following declaration, and don't waver from it:

I believe that properly discerning the body in communion means that Jesus is the head of the body, I am a member, and I need to treat my fellow body members as I treat Christ. _____ (sign and date)

- Spend time dissecting Exodus 12 and the details of the Passover meal. Make a list of the elements and how they relate to you and the Lord's Supper.
- Write your own answer to this question: *What will I think about the next time I take communion, and how will that affect my healing?*