

How to Take the Lord's Supper



Once a day, make this confession, then take the Lord's Supper. Hold the bread and wine in your hand. Take a few seconds to imagine that the bread is His body and the cup is His blood or the life of God going in you. Then say,

Heavenly Father, You have made provision in Your covenant for me to have long life in the earth. You said in Your Word that if I rightly discern Your body, I could be healed from sickness and early death. I rightly discern that Your body was broken for my healing. I believe Your body and blood can correct anything that is not functioning properly in my body. I receive strength, health, and longevity from this communion. Your blood and body have mastery over sickness and disease. Your blood and body devour all death and sickness in me. This communion nullifies death and releases the life of God in my body. Satan, you cannot take my life before God's time because Jesus has died that I might have life. Just as the blood of lambs protected Israel from death, much more does the blood of Jesus protect me from the spirits of death and destruction. Therefore, I decree that death must pass over my life and my house. Christ is my Passover Lamb. In Jesus' name.

You may now partake of the Lord's blood and body.