

# How Does Observing the Lord's Supper Benefit Me?

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John 6:48-58

**<sup>1</sup> How does observing the Lord's Supper benefit me?**

**The answer to this question is found in the Gospel of John, chapter 6, verses 48 through 58. <sup>2</sup>**

**Lord Jesus said, I am the bread of life. Your forefathers ate the manna in the desert, yet they died. But here is the bread that comes down from heaven, which a man may eat and not die. I am the living bread that came down from heaven. If anyone eats of this bread, he will live forever. This bread is my flesh, which I will give for the life of the world.**

**Then the Jews began to argue sharply among themselves, "How can this man give us his flesh to eat?" <sup>1</sup> <sub>3</sub>**

**Jesus said to them, "I tell you the truth, unless you eat the flesh of the Son of Man and drink his blood, you have no life in you. Whoever eats my flesh and drinks my blood has eternal life, and I will raise him up at the last day. For my flesh is real food and my blood is real**

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**<sup>1</sup> John 6:48-52.**

**drink. Whoever eats my flesh and drinks my blood remains in me, and I in him. <sup>2</sup> 4**

**Just as the living Father sent me and I live because of the Father, so the one who feeds on me will live because of me. This is the bread that came down from heaven. Your forefathers ate manna and died, but he who feeds on this bread will live forever. <sup>3</sup>**

**I have a memory of a movie I saw as a kid where Bing Crosby and Bob Hope, I believe, were in a kettle over a fire being prepared for the evening meal by a tribe of cannibals. They were “the guests of honor” at the supper! It was a comedy, and the incident received our laughter.**

**In the first century some thought Christians were cannibals because they heard of Bible passages like this one. They thought Christians “ate flesh” and “drank blood” during the communion service. So . . . <sup>5</sup>**

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<sup>2</sup> John 6:53-56.

<sup>3</sup> John 6:57-58.

What did the Lord mean: “Eat My flesh and drink My blood”? Again, verse 53, I tell you the truth, unless you eat the flesh of the Son of Man and drink his blood, you have no life in you.

## **I. What Did the Lord Mean:**

**“Eat My Flesh and Drink My Blood”? – v53**

What did the Lord mean: “Eat My flesh and drink My blood”? Again, verse 53, I tell you the truth, unless you eat the flesh of the Son of Man and drink his blood, you have no life in you. <sup>6</sup>

**The Jews of ancient times understood this.** <sup>7</sup> In animal sacrifices, God supposedly entered into the animal during the sacrifice. <sup>8</sup> Part of the animal was, then, burnt on the altar. <sup>9</sup> Part of the animal was given to the priests to eat, and part was eaten by the one who offered the sacrifice within the temple. <sup>10</sup> As they ate, they understood that they were eating a part of God. <sup>11</sup> When they finished the meal, God was in them! <sup>12</sup>

**The Gentile (non-Jews) Greeks and Romans also understood this.** <sup>13</sup>

Both the Greeks and the Romans had an official Pantheon, family of gods, they worshipped. They had a similar understanding when they sacrificed animals.

14

Also, at this time, unofficial worship was popular. These groups were called **the mystery cults**.<sup>15</sup> Many of these cults had passion plays (gospel dramas) and communion services associated with them.<sup>16</sup>

Here are some of the prayers found in the mystery religions.

The religion of Mithra, “Abide with my soul . . . that your spirit may dwell within me.”<sup>17</sup>

Here is a prayer to Hermes, a Roman god, “I know you Hermes and you know me; I am you and you are me.”

18

Then, there’s a prayer to Isis, an Egyptian god, “As truly as Osiris lives, so shall his followers live. As truly as Osiris is not dead, his followers will die no more.”

In the Christian communion service . . . 19

## II. You Eat the Bread of Life Spiritually

You eat the bread of life spiritually. 20

**You eat the Lord through receiving the Holy Spirit** (His Spirit) when you surrender your life to Him! 21

Acts, chapter 2, verses 37 and 38, **When the people heard this, they were cut to the heart and said to Peter and the other apostles, “Brothers, what shall we do?” Peter replied, “Repent and be baptized, every one of you, in the name of Jesus Christ for the forgiveness of your sins. And you will receive the gift of the Holy Spirit.”** 22 At the “indwelling of the Holy Spirit”, the Lord comes into your body and into your life. 23

**You eat the Lord by devouring His word.** 24 **For you have been born again, not of perishable seed, but of imperishable, through the living and enduring word of God.** 4 25 And we also thank God continually because, when you received the word of God, which you heard

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<sup>4</sup> | Peter 1:23.

from us, you accepted it not as the word of men, but as it actually is, the word of God, which is at work in you who believe. <sup>5</sup> <sub>26</sub> I write to you, young men, because you are strong, and the word of God lives in you, and you have overcome the evil one. <sup>6</sup> <sub>27</sub>

**You have to eat – have faith - to live! <sub>28</sub>**

**If you don't eat – have faith – you have no eternal life in you! <sup>7</sup> <sub>29</sub>**

**If you do eat – have faith – the Lord will raise you up in the last day! <sup>8</sup> <sub>30</sub>**

**If you do eat – have faith – you are dwelling within Christ right now! <sup>9</sup> <sub>31</sub>**

**You not only eat the bread of life spiritually . . .**

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<sup>5</sup> I Thessalonians 2:13.

<sup>6</sup> I John 2:14.

<sup>7</sup> John 6:53 - I tell you the truth, unless you eat the flesh of the Son of Man and drink his blood, you have no life in you

<sup>8</sup> John 6:54 - Whoever eats my flesh and drinks my blood has eternal life, and I will raise him up at the last day.

<sup>9</sup> John 6:55-56 - For my flesh is real food and my blood is real drink. Whoever eats my flesh and drinks my blood remains in me, and I in him.

### III. You Eat the Bread of Life Symbolically

You eat the bread of life symbolically. <sup>32</sup>

When have you heard about eating flesh and drinking blood before?

In the Lord's Supper scriptures! <sup>33</sup>

First Corinthians, chapter 10, verse 16, Is not the cup of thanksgiving for which we give thanks a participation in the blood of Christ? And is not the bread that we break a participation in the body of Christ? <sup>34</sup>

First Corinthians, chapter 11, verses 24 and 25, . . . and when he had given thanks, he broke it and said, "This is my body, which is for you; do this in remembrance of me." In the same way, after supper he took the cup, saying, "This cup is the new covenant in my blood; do this, whenever you drink it, in remembrance of me." <sup>35</sup>

Then, when the Lord talked about it to His disciples at the Last Supper, recorded in the Gospel of Matthew, While they were eating, Jesus took bread, gave thanks and broke it, and gave it to his disciples, saying, “Take and eat; this is my body.” Then he took the cup, gave thanks and offered it to them, saying, “Drink from it, all of you. This is my blood of the covenant, which is poured out for many for the forgiveness of sins.”<sup>10</sup> 36

Again, in the Gospel of Mark, While they were eating, Jesus took bread, gave thanks and broke it, and gave it to his disciples, saying, “Take it; this is my body.” Then he took the cup, gave thanks and offered it to them, and they all drank from it. “This is my blood of the covenant, which is poured out for many,” he said to them. “I tell you the truth, I will not drink again of the fruit of the vine until that day when I drink it anew in the kingdom of God.”<sup>11</sup> 37

And then, finally, in the Gospel of Luke, And he took bread, gave thanks and broke it, and gave it to them,

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<sup>10</sup> Matthew 26:26-28.

<sup>11</sup> Mark 14:22-25.

saying, “This is my body given for you; do this in remembrance of me.” In the same way, after the supper he took the cup, saying, “This cup is the new covenant in my blood, which is poured out for you”. <sup>12</sup>

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So, how does observing the Lord’s Supper, the communion service, routinely benefit you? <sup>39</sup>

You remember what the Lord did for you when He died for you. And he took bread, gave thanks and broke it, and gave it to them, saying, “This is my body given for you; do this in remembrance of me.” <sup>13</sup> <sup>40</sup>

You remind yourself that you have consumed the Lord spiritually when you surrendered yourself to Him and received His Holy Spirit. <sup>41</sup>

You proclaim the Lord’s death until He comes again. For whenever you eat this bread and drink this cup, you proclaim the Lord’s death until he comes. <sup>14</sup> <sup>42</sup>

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<sup>12</sup> Luke 22:19-20.

<sup>13</sup> Luke 22:19.

<sup>14</sup> I Corinthians 11:26.

**You are reminded that we are all one body, in Christ. <sup>15</sup>**

**That's what the church is. <sup>43</sup>**

**You remember that you are participating in the Lord's resurrection life. First Corinthians, chapter 10, verse 16 says, Is not the cup of thanksgiving for which we give thanks a participation in the blood of Christ? And is not the bread that we break a participation in the body of Christ?**

**This is how observing the Lord's Supper routinely benefits you!**

**<https://biblelifemessages.org>**

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<sup>15</sup> I Corinthians 10:17 - Because there is one loaf, we, who are many, are one body, for we all partake of the one loaf.