

The Communion

“And as they were eating, Jesus took bread, and blessed it, and brake it, and gave it to the disciples, and said, Take, eat; this is my body. And he took the cup, and gave thanks, and gave it to them, saying, Drink ye all of it; For this is my blood of the new testament, which is shed for many for the remission of sins. But I say unto you, I will not drink henceforth of this fruit of the vine, until that day when I drink it new with you in my Father's kingdom.” (Matthew 26:26-29)

The Communion is made up of two parts: 1) one loaf, and 2) one cup. The following is a brief explanation of both and the role they play when communing together.

One Loaf

“And as they were eating, Jesus took bread, and blessed it, and gave it to his disciples, and said, Take, eat; this is my body” (Matthew 26:26). We learn from the above passage that Jesus took **bread**, and of that bread said, “This is my body.” Luke 22:19, “This (bread) is my body which is given for you.” This phrase also embraces a metaphor where the bread **represents** Christ's body.

Bread in this passage is from the Greek *artos*, singular in number, and means a small loaf or cake (W.E. Vine). Notice the significance of one loaf in the following paragraphs.

One Typical Body

The paschal lamb of the Passover (Exodus 12) was a type, or symbol, of Christ in the New Testament. During the Passover, all leaven was to be put out of their houses. Notice Paul's writing in First Corinthians 5:7, “Purge out therefore the old leaven, that ye may be a new lump, as ye are unleavened. For even Christ our Passover is sacrificed for us.” Christ was referred to as our Passover, as the lamb of God, was slain for our sins. The lamb of the Passover was a symbol of Christ who should come and die for the sins of the world.

Notice the instructions regarding the Passover lamb found in Exodus 12 and how they parallel to Jesus.

Paschal Lamb	Jesus Christ
Without Blemish – Ex. 12:5	1 Peter 2:22
A male – Ex. 12:5	Luke 2:22-23
Not break a bone – Ex. 12:46	John 19:33-36

When we gather to eat the bread of the Lord’s Supper, or Communion, we use one loaf because Jesus used only one loaf when he instituted it and because the symbolism suggests it. Other points to consider are: 1) Christ had one body to offer, and 2) we are one in spiritual union when we partake of one loaf.

One Cup

“And he took the cup, and gave thanks, and gave it to them, saying drink ye all of it.” Cup, in this passage, is from the Greek *poterion*, meaning “a cup, a drinking vessel” (Thayer p. 533). Jesus took a drinking vessel in his hand. The cup, or drinking vessel, he took, contained the fruit of the vine (v. 29) After taking the one loaf, Jesus takes a cup that contains the fruit of the vine, and after giving thanks, hands the cup to his disciples with the instruction, “all of you drink out of or from it” (compare to Mark’s account in Mark 14:23-24).