

09/04/22

Scripture: 1 Corinthians 11:23-32

Title: Holy Communion: A Meaningful Spiritual Practice.

Meaning behind Holy Communion:

1. Holy Communion is a sacrament.

“Do this in remembrance of me”. (Luke 22:19).

Sacrament is a word that originates from the Latin word *sacrāmentum* (consecrated, sacred, holy).

2. Holy Communion is a means of grace.

3. Holy Communion is a seal, sign, or confirmation (of the grace it signifies).

Conclusion:

1. Holy Communion is a sacrament

2. Holy Communion is a means of grace

3. Holy Communion is a seal, sign, or confirmation

Holy Communion is not just a religious observance. It's a holy time of fellowship with God. (1 Corinthians 11:24)