

This is My body which is given for you

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"...This is My body which is given for you; do this in remembrance of Me." - Luke 22:19 "Then Jesus said to them, 'Most assuredly, I say to you, 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.'" - John 6:53-54 Lord Jesus used His body and blood in a symbolic way to show the importance of being part of Him in order to receive eternal life. He institutionalized the Lord's supper for us as remembrance of His sacrifice for the sins of mankind. Only those who have received Christ into their heart and fully trust Him (only), receive the gift of eternal life. By eating the bread and drinking the cup, we proclaim the Lord's death till He comes. We are Christ's body and He made us part of Him by shedding His blood. Praise the Lord!