



Holy Communion: A Holy Moment with a Holy God

Holy Communion. What is it?

It represents that Jesus is holy. It's a moment where we reflect and examine our lives before God. We consider our actions, our sinful nature, and ask for forgiveness. Holy Communion is not something to take lightly.

1 Corinthians 11:27-29 (NIV)

"So then, whoever eats the bread or drinks the cup of the Lord in an unworthy manner will be guilty of sinning against the body and blood of the Lord. Everyone ought to examine themselves before they eat of the bread and drink from the cup. For those who eat and drink without discerning the body of Christ eat and drink judgment on themselves."

This is a holy moment. We are not holy by ourselves, but through the blood of Jesus we are washed clean. It is a sacred time where we remember Jesus' sacrifice and choose to turn away from sin.

Hebrews 10:26 (NIV)

"If we deliberately keep on sinning after we have received the knowledge of the truth, no sacrifice for sins is left."

Holy Communion means we come to God with a clean heart. If we refuse to repent or continue to live in willful sin, we should not partake. God is holy and we should honor Him with reverence.

1 Peter 1:15-16 (NIV)

"But just as he who called you is holy, so be holy in all you do; for it is written: 'Be holy, because I am holy.'"

This moment is a call to holiness. A reminder of the cost of grace. Let us come before Him with humility, gratitude, and purity, washed by the blood of the Lamb.

Hebrews 9:14 (NIV)

"How much more, then, will the blood of Christ, who through the eternal Spirit offered himself unblemished to God, cleanse our consciences from acts that lead to death, so that we may serve the living God!"

Let us serve our holy God with a clean heart.

Please note: At Life Church Aruba, we do not inspect or judge whether someone is holding on to hidden sins. Each person is personally responsible before God. We encourage every believer to

examine their own heart in light of Scripture before participating in Holy Communion.

For children, we place the responsibility in the hands of their parents or guardians to decide whether their child is ready and understands the meaning of this holy moment. We trust families to lead their children in truth and reverence.