

By: Asgedom Asmelash

• Mystery of the Holy Communion is a supreme act of life through which we can hold intimate communion with God and that which makes us one with God. "Verily, verily, I say unto you, except you eat the flesh of the Son of Man, and drink His blood, you have no life in you." "Who so eat my flesh, and drink my blood will have eternal life. My flesh is meat in deed and my blood is drink indeed, for it is a real food. He/she that eat my flesh, and drink my blood, dwell in me, and I in her/him." John 6:53-57

- It is a sacrament through which we are far off from the domination of sin and get nearer of attaining to communion with God.
- It originates from the rites conducted by the children of Israel when they attained their freedom from the bondage of slavery and so killed a ritual sheep and sprinkled its blood on the door posts to protect themselves from sudden death and destruction.

- Based on this example, Jesus Christ, who is the Lamb of God, who takes away the sin of the world has founded the Mystery of the Holy Communion by offering Himself as a true sacrifice on the cross. "For the law made nothing perfect; on the other hand, a better hope is introduced, through which we draw near to God," (Heb. 7:19)
- Ex. 5-15 Isa. 53: 7 Jn. 1:29

- The Preparation and Presentation of the Holy Communion is in the form of bread and wine; i.e. like that of Melchizedek, King of Salem's presentation to Abraham (Gen. 14:18). Why the Holy Communion is called Mystery is that by partaking of the visible Bread and Wine, we attain to invisible heavenly blessings and eternal life.
- John 6:53-57