

How This Spiritual Discipline Can Help You Defeat the Spirit of Death

Communion is a powerful blessing, as it is one of the most important and intimate ways to celebrate Christ's sacrifice. It's impossible to cover all the benefits of the Lord's Supper here, but let me share some key points connected to defeating the spirit of death.

The body and blood of Jesus Christ can bring life to every part of your being, including your body and soul. Jesus said of Himself, "I am the bread of life" and "I am the living bread which came down from heaven" (John 6:48, 51, NKJV). Vibrant life and, thus, power over death are contained within Christ's body and blood. Let's first look at how the blood washes, heals and brings life to your wounded soul.

A healthy soul is a major key to defeating the spirit of death. The Bible makes clear in 3 John 2 that when your inner man prospers, your body follows suit. Sin, including generational iniquities, can wound your soul, but the blood of Jesus washes away your sins and heals you inside and out. That is why Leviticus 17:11b says, "The blood makes atonement for the soul."

Jesus served His disciples during the Last Supper. Matthew's Gospel says that "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'" (Matt. 26:27-28, KJV). The Greek word for "drink" here is *pino*, which means "to receive into the soul what serves to refresh, strengthen, [and] nourish it." As you sit in the presence of the Lord and partake of the blood of His blood, your soul is freshly washed clean of the sin that

wounded you so your inner man can be restored and supported in every way.

Life can be so demanding. Every day you have multiple chances to get stressed out, offended or even traumatized through multiple crises. Regrettably, all these things can wound your soul, then allow Satan to accuse you in court and put death on you. Therefore, it's important to consistently go to the Lord's table so your soul can be *continuously* refreshed. Then you can remain healed instead of putting out fires after you've been hit with a demonic attack or a physical, mental or emotional issue.

This is why I try to partake of His body and blood on a regular basis. Religious-minded people would disagree. However, the early church is our example: "And they steadfastly persevered, devoting themselves constantly to the instruction and fellowship of the apostles, to the breaking of bread [including the Lord's Supper] and prayers. ... And many wonders and signs were performed through the apostles" (Acts 2:42-43a, AMPC).

It's not enough to go to the table once a month or even once a week. You need to be conscientious and constant in this practice. Jesus told us why, saying, "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*" (John 6:53, NKJV, author's emphasis). If you don't partake of His precious sacrifice regularly, you won't appropriate the life-giving power that is in Him. If you don't want stress and traumas to continually build up in your soul and eventually cause sickness, disease and even death, then run to His table every chance you get.

✘ *Adapted from Be Revived by Katie Souza, copyright 2020, published by Charisma House. The Bible is full of promises related to Christians having supernatural youth restored even in their advanced years. What if it were possible to tap into the youth-restoring promises the Bible says are ours? The*

author has found secrets in the Bible that show how we can see these things manifest in our bodies. To order your copy, click on this link.

Prayer Power for the Week of March 8, 2020

This week, as the nation continues to face the global and national challenge of the coronavirus, pray and exercise your faith by standing against fear and using the Word of God for your inner man, while taking practical precautions for your body and surroundings. Pray for continued wisdom for our leaders as they tackle this and other challenges. Continue to pray for worldwide revival, our service people and first responders, and those who have suffered great losses due to recent tornadoes and other horrific natural disasters. Read: 2 Chronicles 7:14, Acts 2:42-43 and John 6:53.