

4.4 Do This Once Or Twice a Year When You Are about to Take Holy Communion.¹²

Information: Holy Communion is a sacrament that invites you to come before the Lord as the source of life and author of salvation, and to present yourself for entrance into a new and heavenly state of heart, mind, and life. As such, it is a time for humbly submitting yourself to the Lord—putting your life into His hands, committing your way to His purposes, and opening up your life as a temple in which He may dwell.

Information: Holy Communion involves a ritual of eating unleavened bread and drinking wine. The bread and wine are elements from nature which correspond to goodness and truth from the Lord.^{13,14} Because of this correspondence, eating the bread and drinking the wine are powerful symbols for taking these spiritual realities into yourself, absorbing them into your being, and making them your own—as you actively abstain from sin, begin a new life, and live it. In addition, the breakdown and function of the bread and wine in your body serve as an actual, physiological foundation on which the Lord's inflowing goodness and truth rest.¹⁵ When all of these things happen together, they allow you to enjoy a complete and perfect connection with the Lord—heart, mind, and body. This in turn seals and strengthens the *spiritual* elements within you, as you go forward from Holy Communion and continue living these steps of change. You are not alone in this process. The Lord is with you, and the Lord will be in you.

- ✓ **Activity and question: Imagine yourself coming to the Lord in a holy state of mind and taking Communion. What do you experience, or what opens up for you, as you do so—as you imagine eating the bread and drinking the wine of this most holy supper, taking in new elements of love and faith from the Lord, and making them your own? (Note: Such things can be yours when you actually take Holy Communion, and as you move forward from there.)**

(Step 4 of this process concludes on the next page.)

¹² This process of life change and spiritual transformation recommends that you go through the full process at least once or twice a year in connection with Holy Communion. It also recommends that you focus on one sin or another—one sin or maybe two—at a time. Doing these things is enough to make life change real, effective, and lasting.

¹³ *Goodness* is a collective term meaning love of the Lord and goodwill toward your neighbor, as these things show themselves in loving actions. (In other words, goodness is wanting what the Lord wants, wanting what's best for others, and treating them well.) *Truth* is anything that gives expression to goodness and also leads to it. This includes knowledge and understanding, genuine faith, and wisdom of life.

¹⁴ The word, *correspond* indicates that unleavened bread and wine are physical *manifestations* of goodness and truth—they are earthly forms of these spiritual realities. As such, they are living symbols of these realities and potent reminders of them.

¹⁵ Unleavened bread and wine nourish your body just as goodness and truth nourish your spirit. Functional equivalence is the main basis of earthly-spiritual correspondence.