



RCCG OCEANIA

Holy Spirit & Power

HOLY COMMUNION AND DIVINE TRANSFORMATION

AT A GLANCE

BIG IDEA

Holy Communion is more than a ritual; it is a gateway to new beginnings and divine transformation. Through biblical examples like Elijah, we see how God's intervention can turn situations of despair into victory. By partaking in the Holy Communion with reverence, believers can experience freedom from spiritual bondage and protection from adversities.

PRIMARY PASSAGES

1 Corinthians 11:23-34

1 Kings 21:16-20

1 Kings 17:1-4

1 Kings 19:1-4

1 Kings 19:5-8

KEY TAKEAWAYS

- Holy Communion is a significant practice that can lead to spiritual renewal and divine intervention.
- Partaking in the Holy Communion requires self-examination and reverence to avoid spiritual consequences.
- God's protection can transform situations of danger into safety, as seen in Elijah's story.
- Divine intervention can turn a period of hiding into one of freedom and victory.
- Believers are encouraged to pray for new beginnings and declare freedom from bondage.

INTRODUCTION

Holy Communion is a sacred practice that holds profound significance for believers. It is not merely a ritual but a means through which God can bring about transformation and new beginnings. By examining the biblical narratives of Elijah and others, we can understand how divine intervention can change despair into victory. This study will explore the transformative power of Holy Communion and how believers can experience spiritual renewal and protection.

SCRIPTURE READING

- **1 Corinthians 11:23-34** — Explains the significance of the Holy Communion and the importance of partaking worthily.
- **1 Kings 21:16-20** — Illustrates the consequences of evil actions and the prophecy against Ahab.
- **1 Kings 17:1-4** — Describes Elijah's period of hiding and God's provision for him.
- **1 Kings 19:1-4** — Highlights Elijah's flight from Jezebel and his discouragement.
- **1 Kings 19:5-8** — Marks the turning point for Elijah after receiving a meal from God.

KEY POINTS

1. SIGNIFICANCE OF HOLY COMMUNION — Holy Communion is a profound practice that offers believers a chance for spiritual renewal and divine intervention. It is essential to partake with reverence and self-examination to avoid spiritual consequences. The Apostle Paul emphasizes the importance of approaching the Lord's Table with a heart prepared to receive God's grace. This sacred act is a reminder of Jesus' sacrifice and a proclamation of His return.

- Reflect on the meaning of Holy Communion before partaking.
- Examine your heart and seek forgiveness for any unconfessed sins.
- Approach the Lord's Table with reverence and gratitude.
- Meditate on the sacrifice of Jesus and its significance in your life.

Scripture: 1 Corinthians 11:23-34

2. GOD'S PROTECTION AND TRANSFORMATION — God can turn the hunter into the hunted, providing protection for His people. This is exemplified in the story of Elijah, where divine intervention transforms a situation of danger into one of safety. Elijah's obedience and faithfulness allowed him to experience God's miraculous provision and protection. Despite the threats from Ahab and Jezebel, God ensured Elijah's safety and sustained him during his time of hiding.

- Trust in God's protection during times of danger or uncertainty.
- Seek God's guidance and provision in challenging situations.
- Remember that God can transform any situation for His glory.
- Pray for divine intervention in areas of your life where you feel threatened.

Scripture: 1 Kings 21:16-20 1 Kings 17:1-4

KEY POINTS (CONT.)

- 3. FROM HIDING TO VICTORY** — Elijah's journey from hiding to victory demonstrates how God's intervention can lead to freedom and triumph. After fleeing from Jezebel, Elijah found himself in a place of discouragement and fear. However, God's provision and encouragement enabled him to rise from despair and continue his mission. This narrative encourages believers to seek new beginnings and declare freedom from bondage, trusting in God's power to bring victory.
- Identify areas in your life where you feel in hiding or defeated.
 - Pray for God's strength and guidance to overcome these challenges.
 - Declare freedom from any spiritual or emotional bondage.
 - Seek opportunities for new beginnings and trust in God's plan for victory.

Scripture: [1 Kings 19:1-4](#) [1 Kings 19:5-8](#)

GROUP DISCUSSION

Tip: Use these questions to guide the group from seeing → understanding → applying.

OBSERVATION

- What does 1 Corinthians 11:23-34 teach us about the significance of Holy Communion?
- How did God provide for Elijah during his time of hiding in 1 Kings 17:1-4?
- What were the consequences of Ahab's actions as described in 1 Kings 21:16-20?
- How did Elijah's situation change after receiving a meal from God in 1 Kings 19:5-8?

INTERPRETATION

- Why is it important to partake in Holy Communion with reverence and self-examination?
- In what ways did God's intervention transform Elijah's situation from danger to safety?
- What can we learn from Elijah's journey about overcoming discouragement and fear?
- How does the story of Elijah illustrate God's ability to provide and protect His people?

APPLICATION

- How can you prepare your heart before partaking in Holy Communion?
- What steps can you take to trust in God's protection during challenging times?
- In what areas of your life do you need to declare freedom from bondage?
- How can you seek new beginnings and trust in God's plan for victory in your life?

PRAYER FOCUS

- Pray for a deeper understanding of the significance of Holy Communion.
- Ask for God's protection and provision in times of uncertainty.
- Seek divine intervention for transformation and new beginnings.
- Pray for freedom from spiritual and emotional bondage.

NEXT STEP

Reflect on the significance of Holy Communion and prepare your heart for a transformative experience with God.

CONCLUSION

The practice of Holy Communion is a powerful means through which believers can experience divine transformation and new beginnings. By examining the stories of Elijah and others, we see how God's intervention can turn situations of despair into victory. As believers partake in Holy Communion with reverence and self-examination, they open themselves to God's protection, provision, and the promise of spiritual renewal.

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Adapted from Pastor E.A Adeboye's teachings: <https://www.youtube.com/watch?v=I75TjbjmAl4>