

THE MIRACLE MEAL

HOLY COMMUNION DEVOTIONALS

A GUIDE TO INHERITING YOUR HEALING THROUGH JESUS



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HEALING IS YOURS!

As Christians, many of us, myself included, have been taking Communion regularly for years. Often, we've done so out of ritual or tradition, without truly understanding the deep significance that our Heavenly Father intended. In Mark 7:13, Jesus warns, "Making the word of God of no effect through your tradition." We took Communion simply because it was something a good Christian should do, perhaps thinking it might earn us favor with God.

But over the past several years, I've been discovering that Communion, when taken with the right understanding, was designed by God to continually provide the Body of Christ with divine health and healing. Who knew? Sadly, the enemy has blinded the church to the true power and purpose of Communion, causing many of us to miss out on its full benefits. But no more!

I pray that this blesses you & your family.

Julie Hunter

PURPOSE OF COMMUNION

The purpose of this Communion Manual is to position us to receive and fully access everything that Jesus purchased for us on the cross. This manual is designed to help us understand the significance of Communion, and show us how to receive all the benefits that our Heavenly Father intended for us. As Psalm 103 reminds us, “Do not forget all His benefits!”

Unfortunately, many believers today are not walking in the divine health and healing that God intended for them, because Satan has blinded their eyes to the true purpose and benefits of Holy Communion. The Bible says, “The God of this world has blinded the minds of those who do not believe, lest the light of the gospel of the glory of Christ should shine on them” (2 Corinthians 4:4). Understanding the benefits of Communion comes through progressive revelation, which opens our eyes to the glorious truth of the gospel. The Bible tells us, “My people are destroyed for lack of knowledge” (Hosea 4:6).

When we partake in Holy Communion, we are remembering the Blood Covenant made between our Heavenly Father and Jesus. This eternal Covenant means that, when we accept Jesus as our Lord and Savior, we inherit everything contained within the Covenant, including health and healing.

Reading a lesson in this Communion Manual before taking Communion provides us with the opportunity to strengthen our faith and deepen our understanding of the benefits available to us. As the Bible says, “faith comes by hearing, and hearing by the Word of God” (Romans 10:17).

By reading before we take Communion, we remind ourselves of how much our Heavenly Father loves us and how deeply He desires for us to walk in healing. This empowers us to believe!

As we study this Communion Manual, we realize that it’s not because of our goodness or righteous deeds that we receive the benefits, but because of the 39 stripes Jesus bore on His back for our healing — paid in full by Jesus! Our part is simply to believe and receive it.

The Communion Manual also includes confessions to help activate our faith. Faith is released by our confession, and the Bible tells us that “life and death are in the power of the tongue” (Proverbs 18:21).

Enjoy this Communion Manual, and every time you partake in Holy Communion, do so with expectation, always believing that “Jesus took all your infirmities and bore all your sicknesses, and by His stripes, you are healed!” (1 Peter 2:24 & Isaiah 53:5)

HOW TO TAKE COMMUNION

Jesus is our example.

When we partake in 'Holy Communion,' we take a piece of bread or a cracker as a symbol representing the body of Jesus. We also take a cup containing juice or another liquid as a symbol representing His blood. As we do this, we read Scripture, remembering His sacrifice and what it means for us.

"For I received from the Lord Himself that which I passed on to you: that the Lord Jesus, on the night He was betrayed, took bread. And when He had given thanks, He broke it and said, 'Take, eat. This is My body, which is broken for you. Do this in remembrance of Me.'

In the same way, after supper, He took the cup, saying, 'This cup is the new covenant in My blood. Do this, as often as you drink it, in remembrance of Me.'

For every time you eat this bread and drink this cup, you proclaim the Lord's death until He comes." (1 Corinthians 11:23-26)

Each time we take the bread, representing His body, we remind ourselves of the incredible price Jesus paid for our salvation. Likewise, as we drink from the cup, symbolizing His blood, we remember the countless blessings and promises His sacrifice secured for us.

Communion is sacred and holy before God!

DEVOTIONAL 1

OUR PATHWAY TO ENJOY HEALING AND HEALTH

On the night Jesus was betrayed, before going to the cross, He met with His disciples for the traditional Passover meal. But this time, Jesus had a specific message—He Himself would be the once-and-for-all sacrifice for sin. This would be their Last Supper under the Old Covenant. From that moment on, every time they partook in the Passover meal, it would no longer be just a remembrance of Israel's deliverance—it would be a remembrance of Jesus, the spotless Lamb, who would take away the sin of the world. Each time they shared in this sacred meal, they were to reflect on His ultimate sacrifice. My friend, the tremendous price Jesus paid on the cross and the revelation of the powerful benefits of this 'Miracle Meal' are still being revealed to us today by the Holy Spirit!

Communion is holy before our Father God. It is truly a miracle meal—not to be taken lightly or in an unworthy manner, but with deep reverence. It is a pathway to continually experiencing health and healing, making wholeness an everyday reality in our lives. In the days of the early believers, they didn't have access to modern medicine, doctors, or treatments as we do today. But our Father God has always provided a way for His children to be healed! The Bible tells us: "They worshiped together at the Temple each day, met in homes for the Lord's Supper, and shared their meals with great joy and generosity." (Acts 2:46, NLT) This means that every time they took the Lord's Supper (Communion), they continually reminded each other of the tremendous price Jesus paid on the cross and the amazing benefits that came with it.

They would have also recalled the fulfillment of Old Testament prophecies through His death: “The chastisement of our peace was upon Him, and by His stripes, we are healed.” (Isaiah 53:5) My friend, let’s remember: The bread is a symbol of Christ’s body, and the cup is a symbol of Christ’s blood! Communion is not about focusing on our mistakes or trying to make ourselves worthy. No! Communion is a time to celebrate! It’s a time to remember that only Jesus could make us worthy—we qualify because of what Jesus did for us on the cross!

“He took all our infirmities and bore all our sicknesses, and by His stripes, we were healed.” (Isaiah 53:5 & 1 Peter 2:24)

Because we have accepted Jesus as our Lord and Savior, we are now part of God’s family—redeemed from poverty, sickness, and eternal separation from God. What a Savior! Even in the Lord’s Prayer, we are reminded of God’s perfect will:

“Thy will be done on earth as it is in Heaven.” How is it in Heaven?

Is there sickness or disease in Heaven? No! Well, that is how our Father God desires it to be on earth!

The Bible declares: “As He is, so are we in this world.” (1 John 4:17)

So, what does that mean for us? Is Jesus healed now? Then, my friend, so am I!

LET’S PARTAKE OF “COMMUNION” TOGETHER IN
FAITH AND EXPECT.... BY JESUS STRIPES...I AM
HEALED NOW!



CONFESSIONS

- My Father God gives me good and perfect gifts. He does not give me sickness or disease (James 1:17).
- I am redeemed from the curse of the law. Therefore, my heart beats with the rhythm of life. The Spirit of life of God's Word flows in my blood stream cleansing my blood of every disease and impurity (Proverbs 4:23).
- The Word of God is medication and life to my flesh . The Law of the Spirit of Life operates in me and makes me free from the law of sin and death. As I submit to God's Word and resist the devil, the devil must flee from me and that means sickness and disease must flee from me (James 4:7).
- The same Spirit that raised Jesus from the dead dwells in me permeating that life through my veins, sending healing throughout my body (Rom.8:11).
- My immune system grows stronger day by day. I speak life to my immune system. The same Spirit that raised Christ Jesus from the dead dwells in me and quickens my immune system with the life of God, and it guards the life and health of my body.
- I resist the enemy in every form that he comes against me — I speak life and health to my body, I speak healing and wholeness. Sickness is part of the curse so I reject the curse, and I enforce life in this body with God's Word (James 4:7).
- I bless you LORD, and I won't forget your benefits: You have forgiven all my iniquities, You have healed all my diseases. You have redeemed my life from destruction; You have satisfied my mouth with good things so that my youth is renewed day after day (Psalms 103).
- God sent His Word and Healed me and rescued me from destruction (Psalms 107:20).

TESTIMONY

I came across an incredible testimony about a man named Marcus, who was diagnosed with Alzheimer's. His doctors told him there was no chance of recovery and advised him to get his affairs in order and retire permanently. The news was devastating, but Marcus and his family, rooted in FAITH, chose to trust God rather than accept the diagnosis. As they deepened their understanding of the power of Communion, they began taking it daily, believing that their Heavenly Father could do the impossible. They shared that with each Communion, "their future began to brighten."

Though the healing wasn't immediate, over time, his symptoms gradually faded. Four years later, Marcus returned for another MRI. His neurosurgeon, after reviewing the scan, said, "I'm looking at a very healthy brain. There is no Alzheimer's disease here. I'm removing that diagnosis completely from your medical records."

What is impossible for man is possible with God. Instead of degeneration, Marcus's brain became completely healthy, and he was fully healed of Alzheimer's disease.

(Testimony from "The Healing Power of the Holy Communion" by Joseph Prince.)



DEVOTIONAL 2

WE HAVE MASTERY!

DO YOU BELIEVE?

I believe that as we take the Miracle Meal—or Communion—we receive the full benefits of what Jesus accomplished for us on the cross. Communion was designed by our Father God to remind us of the authority we have over all forms of weakness, sickness, and disease in our bodies—and even to stop death in its tracks. God’s Word declares:

“My people are destroyed for lack of knowledge.” (Hosea 4:6) I believe that the more revelation we gain concerning this Miracle Meal, the more our faith will take hold of these truths—allowing us to walk in the fullness of what Jesus has already done for us. This includes: “Jesus took all our infirmities and bore all our sicknesses, and by His stripes, we are healed.” (1 Peter 2:24) The Bible also reminds us of the authority we have: “I have given you power over all the power of the enemy, and nothing shall by any means hurt you.” (Luke 10:19)

We have been given delegated authority over all the works of the enemy! When we take the bread as a symbol of Christ’s body and the cup as a symbol of His blood, we are infusing the life of Jesus into our system, making us immune to all sickness and disease. Understanding Communion—the Miracle Meal—disarms principalities and powers. It is a bold declaration of victory, a reminder to the enemy that Jesus has already won! “Having disarmed principalities and powers, He made a public spectacle of them, triumphing over them by the cross.” (Colossians 2:15) As we partake together, we can expect full deliverance from anything that is enslaving us—whether it’s depression, fear, financial lack, sickness, disease, worry, or anxiety. Jesus has set us free! Let’s be encouraged as we take this Miracle Meal today. In that original Communion, Jesus said: “You remember Me.”

Instead of remembering our mistakes, faults, and failures, we are to remember the authority we've been given! We remember Jesus and the incredible price He paid for us on the cross. Instead of feeling unworthy, we remember that Jesus made us worthy: "For He made Him who knew no sin to be sin for us, that we might become the righteousness of God in Him." (2 Corinthians 5:21) We qualify for God's blessings—not because we are good—but because He is good! We remember that Jesus came to give us life—and life more abundantly!

SO LET US TAKE THE
MIRACLE MEAL
TOGETHER AND RECEIVE
OUR HEALING NOW!



DEVOTIONAL 3

REMEMBER JESUS

THE MIRACLE MEAL

Communion is the Miracle Meal—when taken in faith, it guarantees results every time! Why? Because the bread and the wine represent the Body and the Blood of Christ. This is the highest and most powerful spiritual nourishment our bodies can receive. When taken in faith, it has the power to destroy every foreign invader—every germ, virus, sickness, and disease—trying to attack our bodies. Communion is a holy act of remembrance—a sacred moment where we honor what Jesus did for us. It is holy unto God, and because of that, we can expect 100% results! We partake not because of our worthiness, but because Jesus alone has made us worthy! We remember that: “Jesus disarmed principalities and powers, making a public spectacle of them, triumphing over them by the cross.” (Colossians 2:15)

Satan’s power was reduced to nothing—zero! God has canceled every charge that was against us and nailed it to the cross! “He forgave us all our trespasses, blotting out the handwriting of ordinances that was against us and took it out of the way, nailing it to His cross.” (Colossians 2:14) “Christ destroyed him who had the power of death—that is, the devil—so that He could set free those who, through fear of death, were held in bondage their entire lives.” (Hebrews 2:14-15) The miracle meal is God’s love and goodness infused into our bodies. The bread and the wine are powerful symbols of God’s love and grace! When we partake, we remember that: “God so loved ME that He gave His only begotten Son.” (John 3:16)

We remember that Jesus took all our infirmities, bore all our sicknesses, and by His stripes, we are healed!

I DECLARE:

Jesus is my Healer, and by His stripes I am Healed.

Jesus took my sickness and carried away my pains.

What He bore, I need not bear. I see myself well.

My Father God wants me healthy every day.

I believe that I receive healing today, from the top of my head to the soles of my feet.

I am a receiver of the love of God and His goodness.

God's Word is medicine to all my flesh. I stand on God's Word without wavering.

I AM HEALED NOW!



CONFESSIONS

- Father in the name of Jesus, I confess Your Word concerning healing. As I do this, I believe and say that Your Word will not return to You void, but will accomplish what it says it will (Isaiah 55:11).
- Therefore, I believe in the name of Jesus that I am healed, according to 1 Peter 2:24 “Who his own self bare our sins in His own body on the tree, that we being dead to sins, should live unto righteousness, by whose stripes we were healed.” My tongue speaks health, healing and energy to my body. It speaks words of life and not sickness. I speak health, therefore, I walk in health, and strength (Proverbs 18:21).
- I say on the authority of the written Word that sickness and disease shall have no part of my body because Jesus was my substitute and paid the price for my healing (1 Peter 3:18).
- I will keep my eyes upon the Word of God. I am not moved by what I see, hear or feel. I am moved by what I believe and I believe that Jesus took my infirmities and bore my sicknesses.
- My God has made provision for me to be well in spirit, soul and body. His Word, living and abiding in me makes my spirit strong. Therefore, my soul is well. Jesus bore my sickness and carried my diseases and I am complete and made whole in Him. The Bible says if you abide in me and my words abide in you, you will ask what you will and it shall be done for you (John 15:7).
- As a believer, I have been given the authority to use the name of Jesus. As I exercise this authority on earth, all of Heaven backs me up. At the name of Jesus every sickness and every disease must bow and give up their strongholds (Luke 10:19).
- I confess the Word of God abides in me and delivers to me perfect soundness of mind and wholeness in Body and spirit from the deepest parts of my nature in my immortal spirit even to the joints and marrow of my bones.

DEVOTIONAL 4

HEALING IN HIS LOVE!

LETS RECEIVE HIS LOVE!

Healing Through Communion:
Resting in the Father's Love

Let's take Communion today and remind ourselves that healing is found in our Heavenly Father's love! When sickness or disease tries to overwhelm you, let it drive you straight into the arms of Jesus, who says: "Come to me, all you who are weary and burdened, and I will give you rest." (Matthew 11:28) Walking by faith and not by sight (2 Corinthians 5:7) can sometimes feel exhausting, but our Father God invites us to rest in His love. Faith works through love (Galatians 5:6), and when we receive His love, it wraps around us like a covering— healing us and making us whole. Healing does not begin when symptoms leave the body; healing begins when we allow God's love to transform how we see ourselves.

Healing takes root when we have an unshakable revelation of our Father's love—when we know, beyond all doubt, that:

- He sent Jesus not only to give us eternal life but to bear our infirmities and sicknesses.
- By His stripes, we are healed! (1 Peter 2:24)
- God's love paid the ultimate price for our healing and strength.

"Our youth is renewed like the eagle" (Psalm 103:5)

Our Father wants us to see ourselves whole and strong, knowing that healing is not something we earn—it is a gift received through faith in His unfailing love. Let's Partake Together. As we take Communion, let's remember the incredible price Jesus paid so that we can walk in the fullness of His blessings.

- The bread represents the Body of Christ, broken for us.
- The cup represents the Blood of Jesus, bringing wholeness and healing.

Let's be encouraged, my friend, and let our faith receive His love. Let's see ourselves the way our Father sees us — loved, healed, healthy, and whole.

Let's declare this over ourselves:

"My Father loves me, and I am who He says I am — healed, whole, and full of life!"

I AM HEALED... AND I AM
WHOLE NOW!



**“BUT HE WAS WOUNDED FOR OUR
TRANSGRESSION, HE WAS BRUISED FOR
OUR INIQUITIES; THE CHASTISEMENT OF
OUR PEACE WAS UPON HIM, AND WITH
HIS STRIPES WE ARE HEALED.” (ISAIAH
53:5)**



DEVOTIONAL 5

ONCE IS ENOUGH!

WE ARE FREE

The Miracle Meal: A Celebration of Our Victory in Christ

Our Father God loves us so much that He sent Jesus to set us free from the power of the enemy—the one who comes to steal, kill, and destroy (John 10:10). But Jesus came so that we might have life—and life more abundantly! Communion, or as I call it, the Miracle Meal, is an act of appreciation and celebration, reminding us of the awesome price Jesus paid to destroy the works of the devil. As we build our faith in the power of this sacred meal, I believe we will also build a supernatural immunity against sickness and disease, shielding us from the enemy's attacks. When we take Communion in faith, we release the power of what it represents—and in doing so, we destroy the enemy's ability to put sickness and disease on our bodies.

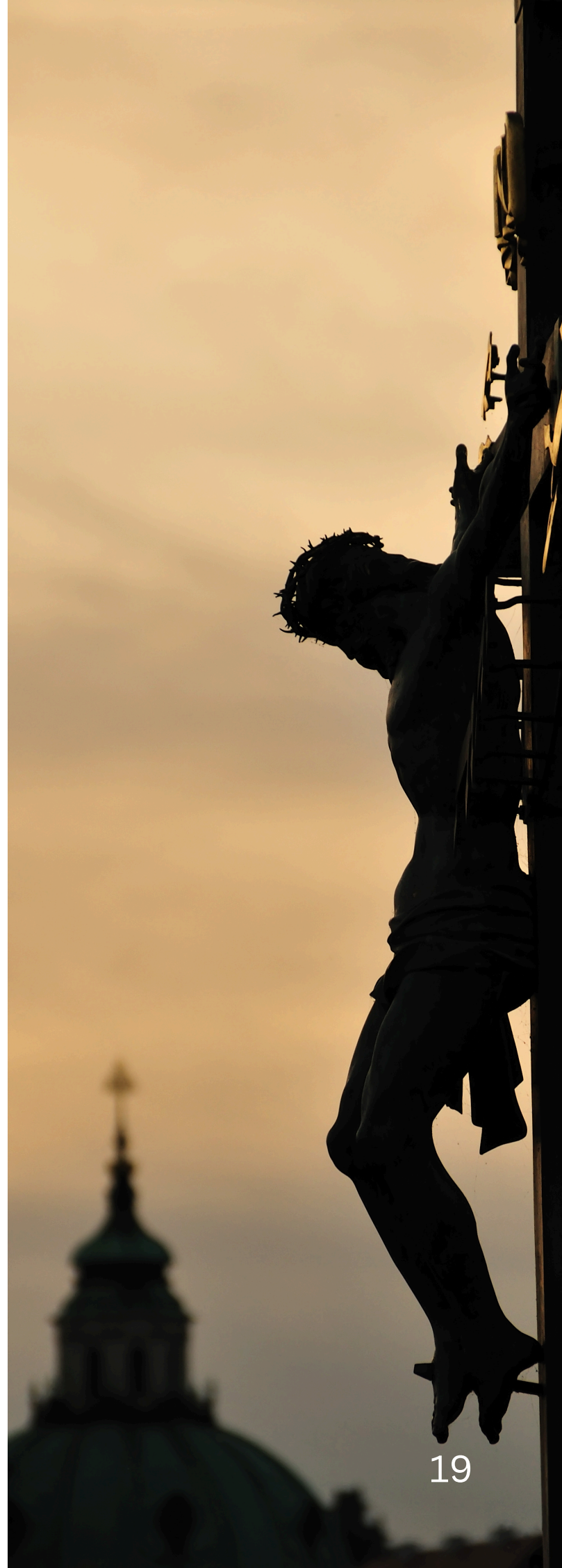
- The bread represents the Body of Christ, broken for us.
- The cup represents the Blood of Christ, poured out for our redemption.

These two elements are not just symbols; they are powerful, supernatural agents against the enemy's schemes—agents that enforce the abundant life Jesus came to give us. “As often as you do this, you do ‘show’ the Lord’s death until He comes.” (1 Corinthians 11:26) What does it mean to ‘show the Lord’s death’? It means that every time we take Communion, we make a bold declaration:

- We remind the devil that his power has been stripped away. (Colossians 2:15)
- We declare that Jesus’ blood has secured our eternal redemption—once and for all! (Hebrews 9:12)
- We proclaim that Jesus took our infirmities, bore our sicknesses, and by His stripes, we were healed! (Isaiah 53:5, 1 Peter 2:24)

Jesus Paid It All — Once and for All

The price for our healing was paid once on the cross, and it will never have to be paid again. Our only qualification is that we believe and receive it. “By grace, we are saved through faith — not of ourselves, but as a gift from God.” (Ephesians 2:8-9) Let’s Take Communion Together. As we partake of the Miracle Meal in faith, we honor, confirm, and ratify our covenant with God. If the enemy tries to attack us with sickness, we boldly remind him: “Once and for all, Jesus took my infirmities and bore my sicknesses on the cross, and by His stripes, I am healed!” The price has been paid in full — Jesus paid it all!



CONFESSIONS

MIRACLE MEAL

My Son, attend to My Words; incline thine ear unto My sayings. Let them not depart from thine eyes; keep them in the midst of thine heart. For they are LIFE unto those that find them, and HEALTH (Medicine) to all their flesh. (Proverbs 4:20-22)

I AM HEALED

I am not the sick trying to get healed — I am the healed! I no longer answer to "sick." I refuse to glorify sickness in myself or others. My words align with God's truth — I call my body whole and well. I do not confess symptoms as if they belong to me. I resist sickness, and it must flee from me!

Specifically, I Declare:

- My mind is strong and sound. I will never lose my memory because I have the mind of Christ — a mind with no loss, only quick recall!
- My body functions perfectly as God created it to function.
- My eyes, ears, nose, and sinuses are well.
- My lungs and respiratory system are well.
- My skin is healthy.
- My blood, heart, arteries, and veins are strong.
- My kidneys and liver are functioning in divine health.
- My neck, back, hips, and joints are strengthened and pain-free.
- My hands, wrists, elbows, shoulders, fingers, feet, and knees are whole.
- My muscles, nerves, tendons, ligaments, and cartilage are strong and restored.
- My feet and ankle bones are firm and stable.
- My immune system is powerful — viruses and germs cannot remain in my body!
- Cancer cells or abnormal cells cannot survive in me!

The Miracle Meal acts like a laser, blasting away anything foreign — flushing sickness out of my system. I call every part of my body well from the top of my head to the soles of my feet.

I speak life over myself, calling things that are not as though they were. My faith aligns with God's Word, and He is the One who heals me.

"Jesus took all my infirmities and bore all my sicknesses, and by His stripes I AM HEALED!" (Matthew 8:17, Isaiah 53:5)

DEVOTIONAL 6

WHERE'S OUR FOCUS?

REMEMBER WHAT HE HAS DONE

Jesus said that when we take the “Passover Meal” or “Communion,” we are to remember what He has done for us. “And as He took bread, and when He had given thanks, He broke it and gave it to them, saying, ‘This is my body, which is given for you. Do this in remembrance of me.’ And likewise the cup: ‘This cup that is poured out for you is the New Covenant in my Blood.’” (1 Corinthians 11:24-25) The Communion message reminds us: “There are many among you in the Body of Christ who are weak and sickly, and a number of you have fallen asleep.” (1 Corinthians 11:30) I asked myself, why is this? So I turned to the Scriptures, and the answer was clear: Many people take Communion or the Passover Meal without properly discerning the Lord’s Body. But what does “discern” mean? The dictionary defines discern as “to know, recognize, or understand something that is obscure or not obvious.”

So how do we discern the Lord’s Body? When we take Communion, we focus on everything Jesus did for us at the cross —

- The price He paid for our healing,
- The fact that He took all our sicknesses,
- The truth that He healed all our diseases!

If we have sinned or fallen short, we receive forgiveness as we partake of the bread and the cup. If we are sick or weak, we can receive our healing at the same time. Under the Old Covenant, when the people presented a lamb as a sacrifice for their sins, the priest never inspected the person—he inspected the lamb to ensure it was pure and without blemish. The blood of that lamb became the atonement for their sins. Under the New Covenant, Jesus willingly became our pure, unblemished Lamb. His blood was presented before the Father on our behalf—for both our sins and our sicknesses.

This is what it means to discern the Lord's Body! Receiving healing through Communion is about receiving the love of the Father, who gave His only Son so that we could have life—and have it more abundantly. In the Old Covenant, when the Israelites were preparing to leave Egypt, they placed the blood of the lamb on their doorposts. Because of that blood, the death angel passed over their homes, and everyone inside was kept safe. It was because of the blood! Under the New Covenant, Jesus is our Passover Lamb! Everyone who has received Him is safe in Him.

- We don't focus on our sins — we focus on the forgiveness of our sins.
- We don't focus on our sicknesses — we focus on Jesus, our Healer.

As we discern the Body of Christ, we recognize that He has taken all our sins and all our sicknesses. There is no longer any reason for the Body of Christ to be weak, sickly, or asleep! Jesus is the passover lamb of God! He took away all the sins of the world and healed all our diseases! This is our miracle meal — Let's partake together.



TESTIMONY

My youngest son was diagnosed with scoliosis when an X-ray revealed a seventeen-degree curve in his spine. Upon receiving the news, our hearts were filled with fear, doubt, anger, sadness, worry, and even condemnation. We were deeply concerned about potential disabilities and the possibility of surgery in the future.

As a pastor, I found myself struggling with my faith. Yet, even in that moment of uncertainty, I felt the Lord's loving embrace and peace as I prayed for my son. Our church family also joined us in prayer, believing that the Lord could — and would — heal him. The doctor referred us to a children's hospital for further evaluation. In faith, we attended the appointment, believing that healing had already begun. Although doubt and fear tried to creep in, we continued to declare the finished work of the cross and partook in Holy Communion. During the appointment, the doctor examined my son and took new X-rays. Then, with a smile, she said, 'I have good news for you!' She showed us the X-rays — there was no trace of scoliosis. Our son's spine had completely straightened. The Lord had healed him! Indeed, there is victory and power in the cross!" (Testimony from "The Healing Power of Holy Communion" by Joseph Prince)



DEVOTIONAL 7

GOD IS LOOKING FOR FAITH!

WHAT DOES YOUR FAITH LOOK LIKE?

Maybe the doctor hasn't given you a favorable report. So, what do you do now, you might ask? No matter what course of action we choose for healing, the first thing we must do is stir up our faith. God is looking for faith! But the real question is: What does our faith look like? The Bible offers many examples of faith. One example that stands out is the story of the woman with the issue of blood. She fought through the crowd just to touch Jesus. Nothing stopped her; all she saw was Jesus, and she knew that He had her healing! Jesus responded to her faith, and when she touched Him, she was healed (Luke 8:43). Everywhere Jesus went, He was looking for faith. In fact, the Bible says He "could do no mighty work in His hometown because of their unbelief" (Mark 6:5). So, let's take this miracle meal in faith and remember everything Jesus has done for us. The bread symbolizes Christ's body, and the juice represents His blood.

As I take these emblems in faith, I declare: "Heavenly Father, thank You for loving me. Your will for me is healing, and I expect You to confirm Your Word with healing in my body. By the stripes of Jesus, I am healed!" I am reminded of Romans 6:10-11: "The same Spirit that raised Christ from the dead dwells in me, and it is quickening, or making alive, my mortal body." This Spirit manifests healing and wholeness. I expect healing for every cell, organ, tissue, bone, muscle, and tendon. Every part of my body is being energized by the resurrection power of Jesus! As I take this bread, symbolizing Christ's body, and this juice, symbolizing Christ's blood, I am expecting a divine impartation of healing. I am expecting God's supernatural power to move over my natural body. The Bible tells us that "Faith pleases our Father God." So we place our faith in this miracle meal, in His grace, and in His Word.

We put our faith in the works of Jesus, not our own. Our faith believes, and our faith receives. As we take this miracle meal, let's pray a prayer of faith for healing: "Heavenly Father, we thank You for the perfect and divine health You provided when You died on the cross. You took all my infirmities and bore all my sicknesses, and because of the stripes You took on Your body, I am now healed and made whole! Thank You that I have healing, mental clarity, quick recall, supernatural wisdom, and keen discernment in everything I face. Sickness and disease are weapons formed against me, but according to Your Word, 'No weapon formed against me shall prosper!' My Father is looking for faith, and He can stop right here, because I believe — Jesus took all my infirmities, bore all my sicknesses, and by His stripes, I am healed NOW!"



CONFESSIONS

- The Bible declares, "As He is, so are we in this world!" (1 John 4:17). By taking Communion, I affirm my oneness with Christ. As these sacred elements are absorbed into my body, they act as a divine antidote, shielding me from both known and unknown illnesses. The bread and wine are the ultimate defense against sickness and disease—beyond human understanding. In truth, I may never know what afflictions I have been healed from.
- There may be unseen sicknesses attempting to take root in my body, but through faith in Communion, they are destroyed before they can manifest. The power of Christ's Body and Blood flows through me, eradicating anything that seeks to harm me.
- I believe that, in Christ, I lack nothing. Jesus paid the price for my provision, and I walk in His divine supply.
- Because I am one with Christ, I apply my faith and declare:
 - I am healed from the top of my head to the soles of my feet.
 - Healing is flowing into every part of my body, reversing any weakness or affliction.
 - Any attack on my health is nullified by the power in this Miracle Meal.
 - I have the mind of Christ, a sound mind, and instant recall.
 - I am free from fear, worry, pain, sorrow, and grief—nothing shall steal my life from me.
 - Jesus came that I might have life and have it more abundantly (John 10:10), and I receive that abundant life today through the power of His Body and Blood.

DEVOTIONAL 8

LETS CELEBRATE

COMMUNION IS A CELEBRATION

Communion is a celebration of the amazing love and goodness of our Father God. When we take communion, we remember: the cup symbolizes His blood, and the bread represents His body. Jesus said, “When you take this, remember Me!” Instead of focusing on our faults, failures, and past mistakes, we focus on Jesus and what He has done for us on the cross. We remember that Jesus paid for all our sins, and He bore all our sicknesses — both known and unknown. We remember that as often as we take Communion, or the “Miracle Meal,” we celebrate and proclaim the Lord’s death until He comes again. What do we proclaim? We proclaim the devil’s defeat! We know that the devil is the author of sickness and disease, for the Bible says that he came to steal, kill, and destroy (John 10:10).

But at the cross, Jesus “spoiled principalities and powers and made a show of the devil’s defeat” (Colossians 2:15) to everyone watching. The devil has no right to afflict us with sickness and disease because Jesus defeated him on the cross. Jesus took all our infirmities, bore all our sicknesses, and by His stripes, we are healed (1 Peter 2:24). When we take Communion or the “Miracle Meal,” we remember what Jesus did for us. Jesus bore our sicknesses — mentally, emotionally, physically, and in every way — so we can come to the table in faith, in front of our enemies, and show that we have been forgiven of all our past mistakes and failures. We remember all that Jesus has done for us, and when we take Communion or the “Miracle Meal,” we celebrate our healing, believing that it is already done. “By His stripes, we are healed!” (1 Peter 2:24)

Let's celebrate! Jesus took our guilt, shame, and grief because He desires for us to have an overflowing, abundant life (John 10:10). Communion is a time to celebrate our freedom from the devil's curse, which includes sin, sickness, worry, fear, guilt, shame, poverty, and lack. We remember all the blessings Jesus has provided for us. As we take the bread (which symbolizes the body of Christ) and the juice (which symbolizes the blood of Christ), let's visualize by faith any virus or disease in our bodies being destroyed — whether known or unknown. Jesus already paid the price for our healing on the cross, because 1 Peter 2:24 tells us: WE WERE HEALED!

LETS CELEBRATE OUR
HEALING NOW!



TESTIMONY

Over the years, there have been countless testimonies of healing through faith while partaking in Holy Communion. One daughter shared a powerful account of her father, who was critically ill in the ICU. Each time they took Communion on his behalf, his condition improved—first, his kidney function partially returned, then his heart rate and blood pressure stabilized, followed by the ability to breathe independently. Eventually, he was discharged and even celebrated his 86th birthday at his favorite restaurant.

Many seniors have testified that recurring health issues disappeared after consistently taking Communion, leading to noticeable improvements in their overall well-being and vitality. One woman, who struggled with double vision and heart problems, reported that after two years of regularly partaking in Communion, she never experienced those symptoms again. My friend, Holy Communion is available to everyone, regardless of age—anyone who believes! Our Heavenly Father never said that His Word stops working as we grow older. Do we have to get sick to die? Absolutely not! Holy Communion is a powerful reminder of God's love and His desire for all His children, at every stage of life, to walk in health and healing. He is the same yesterday, today, and forever (Hebrews 13:8). "Jesus took all our infirmities and bore all our sicknesses, and by His stripes, we are healed" (1 Peter 2:24, Isaiah 53:5).



DEVOTIONAL 9

PAID IN FULL

JESUS TOOK OUR INFIRMITY!

When we take The Miracle Meal, it's important to keep our focus on the fact that Jesus paid the full price for our healing on the cross over 2,000 years ago. The Bible tells us this powerful truth: "That it might be fulfilled which was spoken by Isaiah the prophet, saying, Himself took our infirmities and bore our sicknesses" (Matthew 8:17). Do you see here whose infirmities and sicknesses are included? It says "our" infirmities and "our" sicknesses. This means Jesus took your and my sicknesses! But how do we make this work for us, you might ask? This is where our faith comes in. We activate this promise by taking personal ownership of this truth. Jesus did this for me, and healing belongs to me! I receive my healing NOW by faith! I declare, "Regardless of what I see or feel, I am healed, and my body has to align itself with this truth. God's Word cannot lie—'Jesus took my infirmities and bore my sicknesses!' This is the Word of God written for me!"

We can also go back to the original prophecy in the book of Isaiah: "But He was wounded for our transgressions, He was bruised for our iniquities; the chastisement of our peace was upon Him, and with His stripes, we are healed" (Isaiah 53:5). Jesus did all of this for you and me! It's not just a nice scripture—it's real, and we are the beneficiaries! But the enemy will try everything he can to steal this truth from us, sowing doubt about God's Word. If sickness or disease tries to attack our bodies, we can take this Miracle Meal and boldly stand on the Blood Covenant that Jesus made with us. He paid an incredible price on the cross for our healing and wholeness, and He wants us to walk in everything He has provided for us—including healing. The Bible says, "Jesus came that I might have life, and have life more abundantly" (John 10:10). Sickness and disease are not part of abundant life.

Let's declare together as we take the bread (symbolizing the body of Christ) and the juice (symbolizing the blood of Christ): "I refuse to allow sickness and disease to dominate my body. The life of Jesus flows in me and brings healing to every part of my body, from the top of my head to the tips of my toes" (Matthew 8:17, John 6:63). "Jesus took all my infirmities and bore all my sicknesses," and this truth is engrained in every fiber of my being. My body is alive with the life of my Father God. I will keep my spiritual eyes focused on Jesus and His love for me. I will meditate on what He has written in His Word concerning my healing. I am not moved by what I see, hear, or feel. I am moved only by what I believe, and I believe the Word of God! He paid the full price for my healing, and so I receive my healing now, in Jesus' Name!



CONFESSIONS

I BOLDLY CONFESS:

LORD JESUS, today I remind You of Your Word.
Your Word declares:

- I expect healing!
- Death and life are in the power of my tongue. (Proverbs 18:21)
- The tongue of the wise brings health. (Proverbs 12:18)
- Pleasant words are health to the bones. (Proverbs 16:24)
- With the mouth, confession is made unto salvation. (Romans 10:10)
- You framed the world with Your words. (Hebrews 11:3)
- The things that are seen — including the symptoms in my body — are temporary and subject to change. (2 Corinthians 4:18)
- Therefore, I declare that my life is changing through faith in You and through my daily confession of Your Word!

JESUS IS MY HEALER!

- With His stripes, I am healed. (1 Peter 2:24)
- I see myself well.
- My Father God wants me healthy — every day.
- Healing and health belong to me.
- I receive healing from the top of my head to the soles of my feet.
- I am a receiver of God's goodness.
- I am receiving my healing now.
- Sickness is the devil's work, and I reject it!
- Every part of my body functions in the perfection God created it to function.
- I forbid any malfunction in the name of Jesus.

As I take this "Miracle Meal," I remind myself that:
GOD'S WORD IS MEDICINE TO ALL MY FLESH! (Proverbs 4:22)

- I hold fast to my confession of faith.
- I stay in agreement with God not my circumstance.
- God's healing power is actively at work in my body, causing a complete cure.
- Thank You, Lord Jesus, for healing me!
- The life of Jesus is manifest in my mortal body for the glory of God.
- I will live and not die, and I will proclaim the works of the Lord! (Psalm 118:17)

DEVOTIONAL 10

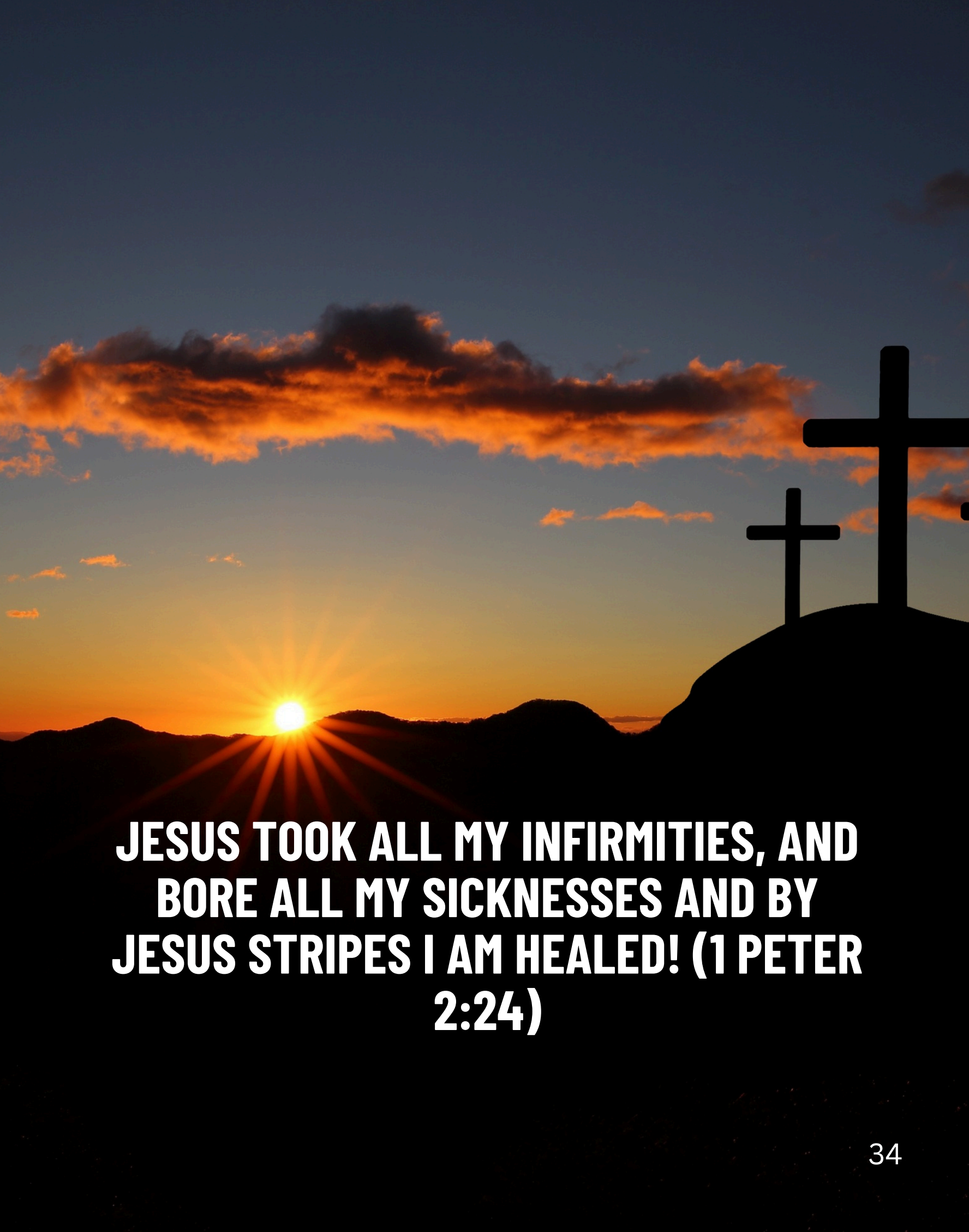
BY HIS LOVE

Let's take Communion today and remind ourselves that healing is found in our Heavenly Father's love! When symptoms of sickness or disease push you toward despair, let them drive you straight into the arms of Jesus, who says: "Come unto me, all you who are weary and burdened, and I will give you rest!" (Matthew 11:28)

At times, as we walk by faith and not by sight (2 Cor. 5:7) in pursuit of healing, we may grow weary. But our Father God invites us to come to Him and rest in His love. Since faith works through love, He wants you to receive His love, allowing it to completely envelop you. See yourself wrapped in His love—healed and whole. Healing does not begin when symptoms leave our body. Healing begins when we allow the love of God to transform how we view ourselves. It begins when we know, without a doubt, that our Father loves us so deeply that He sent Jesus not only to give us eternal life but to take all our infirmities and bear all our sicknesses.

By His stripes, WE ARE HEALED!

Jesus was the love of God manifested in the flesh. God's love paid the price for us to be healed, whole, and full of strength—bursting with vitality as we enjoy everyday life. As it says in Psalm 103, "our youth is renewed like the eagles!" Our Father wants us to see ourselves whole and strong, knowing that our healing cannot be earned or bought. It is received by believing in and accepting the intense love our Father has for us. Now, let's take Communion together, my friend, and remember the price He paid so that we can walk in all the blessings He has provided for us. Let's be encouraged, allowing our faith to work through His love. Let's see ourselves as God sees us—loved, healed, healthy, and whole. Repeat this to yourself over and over: "My Father God loves me, and I am who He says I am—I AM HEALED, AND I AM WHOLE NOW!"



**JESUS TOOK ALL MY INFIRMITIES, AND
BORE ALL MY SICKNESSES AND BY
JESUS STRIPES I AM HEALED! (1 PETER
2:24)**

DEVOTIONAL 11

HOLY COMMUNION IS NOT FOR PERFECT PEOPLE

Holy Communion is not for those who have it all together, but for those who recognize their need for Jesus. It is a continual reminder that He was broken so that we might be made whole. If we are hurting, He is our healer. If we need help, He is our ever-present support. If we are sick, He desires to restore us to health. As we partake of the bread, symbolizing His body, and the cup, representing His blood, we are reminded of His immense love and the sacrifice He made to give us a fuller, more abundant life. Communion is not about a ritual to observe, but a relationship to celebrate.

Each time we come to the Communion Table, we are reminded of God's grace and our true identity in Christ. It realigns our hearts and strengthens our faith. When we bring our brokenness to Him, He replaces it with His best—lifting condemnation, removing guilt, and renewing our faith so that we may see more clearly the depth of His love.

Through Communion, we embrace the many blessings He has provided, including health, wholeness, mental clarity, divine wisdom, and keen discernment.

Communion is a time to celebrate God's goodness, recognizing that our salvation is not based on our works but on what Jesus accomplished on the cross. He came that we might have life and have it abundantly (John 10:10). When we experience symptoms of sickness or fear of disease—whether known or unknown—we can take Communion to strengthen our faith and remind ourselves that the price for our healing has already been paid. No weapon formed against us will prosper (Isaiah 54:17), including sickness and disease. The Lord's Table is a sacred place where our weaknesses are met with grace, mercy, and love. Jesus does not call us to remember our failures but to embrace His forgiveness.

Communion is not for the perfect but for those who acknowledge their need for His grace. Therefore, I declare with gratitude: Jesus took my sin, sorrow, and sickness upon Himself and nailed it to the cross. I proclaim with my mouth and believe in my heart: Jesus bore my infirmities and carried my diseases, and by His stripes, I am healed! (1 Peter 2:24 & Isaiah 53:5). I receive my healing now!

CONCLUSION

My friends, we have been kept from fully seeing the glorious truth about the Lord's Supper, known as Communion.

The purpose of this manual is to deepen our understanding of what Holy Communion truly represents. Jesus died on the cross, rose from the dead, and left us a rich inheritance clearly written in the Bible. Yet, we have an enemy who has worked relentlessly to blind our eyes to the truth of this gospel (1 Cor. 4:4). Over time, the enemy has subtly deceived the Body of Christ into believing that Communion is merely a ritual — something we do once a month, often with little thought or significance.

God's Word declares, "My people are destroyed for lack of knowledge!" (Hosea 4:6). Not anymore! The devil's lies have been exposed. I believe the Church is waking up, and Communion is the key that will lead God's children into a life of continual healing, divine health, and the full benefits of our inheritance in Christ.

So how do we access these blessings? By studying God's Word and finding out what our inheritance is!

God has placed it on my heart to share what I have learned about Holy Communion because I believe the Church is stepping into its finest hour. Our Heavenly Father is calling us into a deeper revelation — one that will transform us into a glorious Church, displaying His goodness and power to the world!

DISCLAIMER

This book is not intended to replace professional medical advice. If you or a loved one have a health concern or an existing medical condition, please consult a qualified medical practitioner or healthcare provider.

We also encourage you to seek the Lord's wisdom and guidance regarding your specific health or medical situation and to exercise godly discernment in managing your physical, mental, and emotional well-being. Do not disregard professional medical advice or diagnosis.

Additionally, the content of this book should not be taken as permission or encouragement to stop taking prescribed medication or to discontinue medical treatment. While we make no guarantees and recognize that individual experiences vary, we stand in faith, believing in and affirming God's Word and His promises of healing for all who believe.

**WE PRAY THAT GOD BLESSED YOU
THROUGH THIS DEVOTIONAL!**

**SUBSCRIBE TO OUR DAILY EMAIL DEVOTIONALS
FOR ENCOURAGEMENT!**



**SCAN THE QR CODE ABOVE
OR VISIT THE LINK BELOW!**

tinyurl.com/todayfaithmatters

HEALING IS FOR YOU!

This book is a tool to help eradicate fear from the Body of Christ.

Today, physical and mental health struggles are widespread, and many of God's children live in fear and torment over the possibility of sickness and disease—and they shouldn't have to. Why? Because the Bible tells us that "Jesus took all our infirmities and bore all our sicknesses, and by His stripes we were healed!" (1 Peter 2:24 & Isaiah 53:5). It's a done deal! The eleven lessons in this book are designed to strengthen your faith and foster progressive revelation about Holy Communion. No matter what viruses or pandemics come our way, we can be rooted and grounded in God's truth, and we will never live in fear again. Many years ago, when the children of Israel were in captivity, they cried out to God for deliverance. "God brought them forth with silver and gold, and there was not one weak or sickly person among their tribes" (Psalm 105:37). Our Father is the same yesterday, today, and forever, and He desires to deliver us from anything that enslaves us (Hebrews 13:8). The Bible says, "My people are destroyed for a lack of knowledge" (Hosea 4:6).

This book on Holy Communion is meant to open the door for us to learn more, so we can stand firm in God's promises and walk in divine health and peace.



Julie Hunter
Author of ***Today Faith Matters Daily Devotionals***

Passionate about helping believers grow in faith, Julie Hunter equips readers with biblical truth to walk in God's promises.

