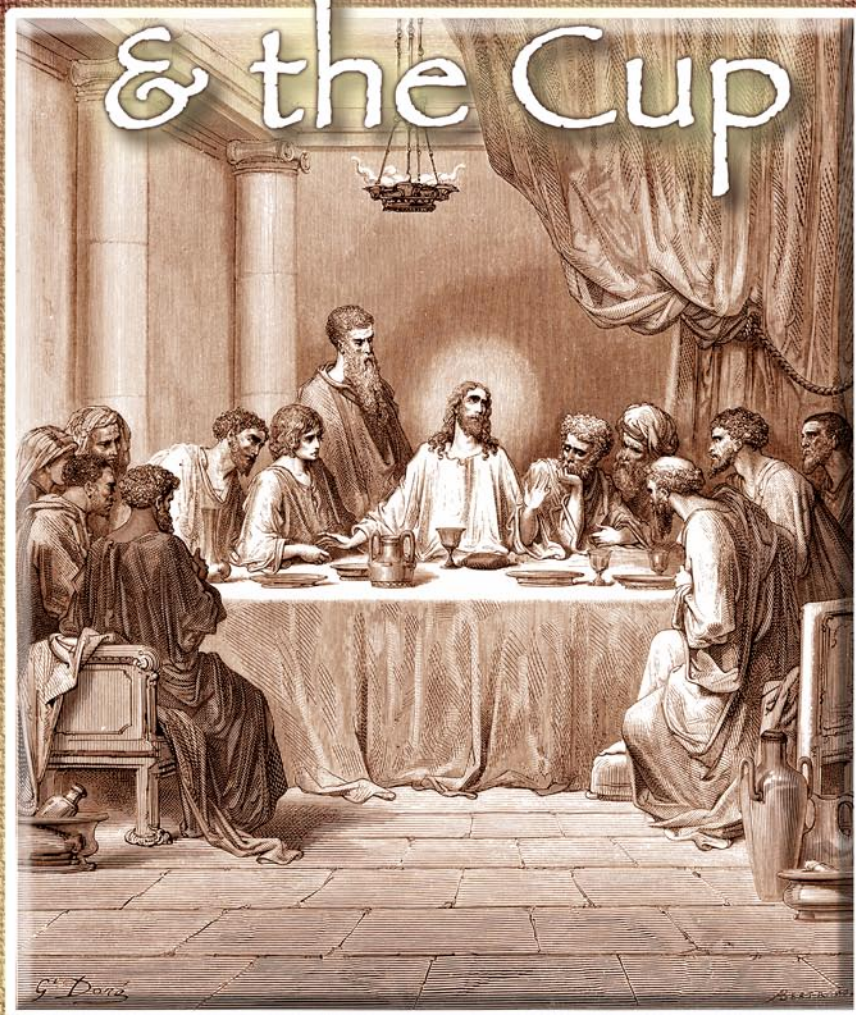


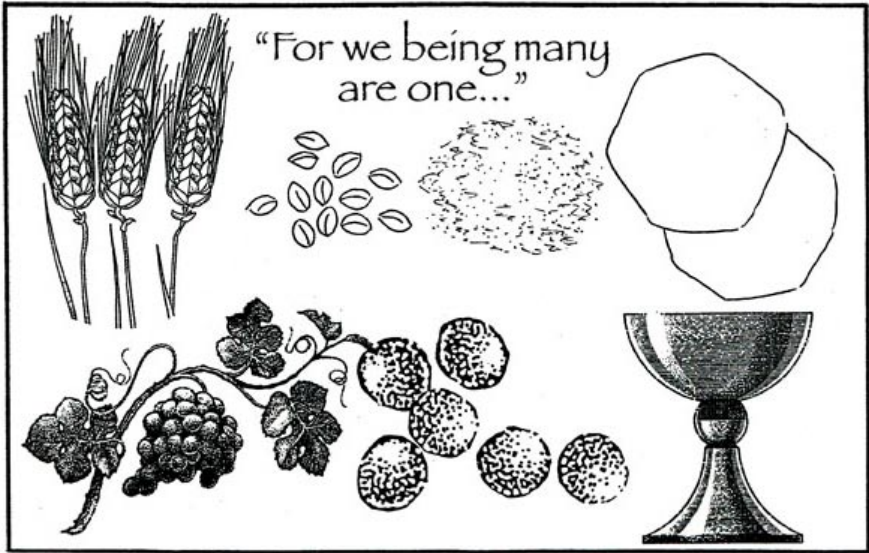
# The Bread & the Cup



“For we being many are one...”  
1 Corinthians 10:16, 17

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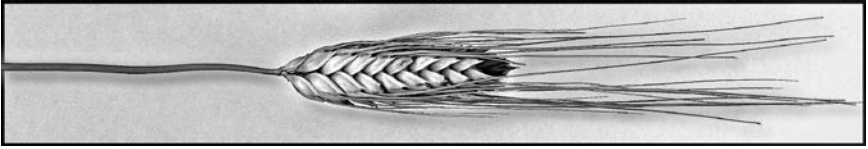
When Jesus was about to die, he prayed to his Father in Heaven that his disciples would all be “one” even as he and his Father were “one.”

*“Neither for these only do I pray, but for them also that believe on me through their word; that they may all be **one**; even as thou, Father, art in me, and I in thee, that they also may be in us: that the world may believe that thou didst send me. And the glory which thou hast given me I have given unto them; that they may be **one**, even as we are **one**; I in them, and thou in me, that they may be perfected into **one**...”*

— John 17:20-23

What did Jesus mean by this prayer? Let us consider many word pictures which will help us to understand.

One of the word pictures which will help us to understand is the word “bread.” Bread is made from wheat. It starts out as a stalk of wheat which has many grains on its head. Then, the grains are removed



from the stalk and are all ground down to very small flakes of flour. These are then mixed with water, oil, salt and other ingredients, and baked together. Here we have individual grains all combining to make one loaf of bread. Once they are crushed and mixed together, is there any way to find the individual grains of wheat again? No, they have become “one.”

Another word picture showing “oneness” is the juice from many grapes. A cluster of grapes starts out as many individual grapes together. To get the juice from the grapes, they must be picked off of the cluster and crushed. And, so, just like the grains of wheat, once the single grapes have been crushed, the juice is mingled together, and we can no longer find an individual grape. These grapes have become “one.”



There are many other word pictures which describe being “one.” The Apostle Paul said that Jesus is the head and his disciples are his body. If we thought this

was real, it would be a very strange picture indeed. But, let us look at the picture the way Jesus meant it.

*“We, who are many, are one body in Christ, and severally members one of another..”* — Romans 12:5

*“I would have you know, that the head of every man is Christ...”* — 1 Corinthians 11:3

What does the head do for the body? It does all of the thinking and reasoning. It makes decisions for the body on where it will go, what it will do and what it will say. So, those who are followers of Christ say that they have the mind of Christ. They study the Bible so that they can learn what Jesus would do or say or think.

*“For who hath known the mind of the Lord, that he should instruct him? But we have the mind of Christ.”* — 1 Corinthians 2:16

Another important part of the picture of a body is that all of the many parts of the body work together to what it needs to do. Just so in the body of Christ, those who are his disciples work together and look to their Lord for guidance.

*“For as the body is one, and hath many members, and all the members of the body, being many, are one body; so also is Christ...”*

— 1 Corinthians 12:12-20

The next word picture also shows how Christians all become “one” with Jesus by trusting in him.



*“For it became him... in bringing many sons unto glory, to make the captain of their salvation perfect through sufferings.” —Hebrews 2:10*

Think about a ship in the ocean with a strong and smart captain. There are many crew members working on the ship, but they trust their captain to make the right decisions to bring the ship across the ocean and into the shore safely through storms and large waves. The entire crew of the ship are “one” with the captain as their head.



Today, we have the illustration of a soccer team under the guidance of a coach. The members of the team are all working together as “one” and the coach is giving them directions on how to train and how to make the best plays to win the game. This is just like a Christian who works together with the other members of a team under the leadership of their coach, Jesus.



There is a big difference in the goal of a soccer team and the goal of Christ and his followers. A soccer team is playing to win a trophy for their school, but Jesus and his Church are fighting hard to win against the world and the adversary. Their goal is to bring the world of mankind back into “oneness” with God. This is called “atonement” —at-one-ment. When Christ, the head and his body, the Church, are complete, the work of bringing the world back into harmony with God will begin. Then the entire universe will be “one.”

*“For he must reign, until he hath put all enemies under his feet... that God may be all in all.”* — 1 Corinthians 15:25-28

When Jesus’ disciples drink the juice of grapes and eat the bread together at Memorial time, they are thinking of how they share with Jesus in his suffering. They also think of how they will share in his work of giving life to the world. They are all working together as one.

*“The cup of blessing which we bless, is it not a communion of the blood of Christ? The bread which we break, is it not a communion of the body of Christ? For we being many are one bread, and one body: for we are all partakers of that one bread.”* — 1 Corinthians 10:17

