

RUSSELL SANDERS  
7-25-2023  
WHY WE SAY GRACE  
PART 2

When we say that we “break bread together,” it means that we eat a meal together. Bread is used as a symbolic reference to food. It is food that sustains us physically.

What is the bread that sustains us spiritually? Or rather, “Who” is the Bread of Life? In John 6:35-38 Jesus identified himself as the bread of life. In verse 35 He said, ***“I AM the Bread of Life. He that cometh to me shall never hunger (spiritually). And he that believeth on Me shall never (spiritually) thirst.”***

Jesus continued teaching on this point in verses 55-57b where he said, ***“For My flesh is meat (food) indeed, and my blood is (your) drink indeed. He that eateth my flesh, and drinketh My blood, dwelleth in Me and I (dwelleth) in him...so he that eateth me, even he shall live by Me.”***

Jesus’ words were quoted both in Luke 22:19-20 and 1 Corinthians 11:23-26 ([see yesterday’s newsletter](#)) were ***“Do this in remembrance of Me.”*** This came as they celebrated the Passover meal.

The Church has institutionalized the Last Supper event to make it an occasional partaking of a tiny piece of bread and drink. That is fine as far as it goes. It is symbolic in nature of Jesus’ death and resurrection. It does not become literal physical flesh or blood as some churches teach. The purpose is to put into our conscious remembrance that Jesus is our bread of life because His life is within us, and our life is in Him when we are born again. We are to remember that it is his blood that brings salvation to our souls and healing to our bodies. In partaking of communion, we should do as Paul said in 1 Corinthians 11:24 and 25, ***“Do (it) in remembrance of Me.”***

We should always remember what Jesus did for us when we eat any meal. It is by his grace that we are partakers of the food, and everything else. We don’t just thank him for the food when we “say grace”, we should thank him for everything because he is the true bread that gave us our meal. We are remembering what He did for us.

We “say grace” in honor of our Savior and King.