Communion, why we take it...

Matthew 26:26-28, Mark 14:22-25, Luke 22:19-20, & (John 6:53-58)

1 Corinthians 11:23-26 23. For I have received of the Lord that which also I delivered unto you, that the Lord Jesus the same night in which He was betrayed took bread: and when He had given thanks, He brake it, and said, "Take, eat: this is my body, which is broken for you: this do in remembrance of me." After the same manner also He took the cup, when He had supped, saying, "this cup is the new testament in My blood: this do you, **as oft as you** drink it, in remembrance of Me. For as often as you eat this bread, and drink this cup, you do shew the Lord's death till He come".

There is no commandment as to when and how often to partake, but "as oft as you do it"...

1 Cor 10:16-17 The cup of blessing which we bless, is it not the communion of the blood of Christ? The bread which we break, is it not the 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.

Matthew 6:9-12 After this manner therefore pray ye: Our Father which art in heaven, Hallowed be Thy name. Thy kingdom come. Thy will be done in earth, as it is in heaven. Give us this day our daily bread. And forgive us our debts, as we forgive our debtors.

Acts 2:42 - And they continued steadfastly in the apostles' doctrine and fellowship, and in breaking of bread, and in prayers.

Acts 20:7a - And upon the first day of the week, when the disciples came together to break bread...

Hebrews 10:5-18 Wherefore when He came into the world, He said, "Sacrifice and offering Thou would not, but a body hast Thou prepared Me: In burnt offerings and sacrifices for sin Thou has had no pleasure". Then said "I, Lo, I come (in the volume of the book it is written of Me,) to do Thy will, O God."

Above when He said, "Sacrifice and offering and burnt offerings and offering for sin Thou would not, neither have pleasure therein; which are offered by the law"; Then said He, "Lo, I come to do Thy will, O God." He takes away the first, that He may establish the second. By the which will we are sanctified through the **offering of the body of Jesus Christ once for all**.

And every priest stands daily ministering and offering oftentimes the same sacrifices, which can never take away sins: but this Man, after He had offered one sacrifice for sins forever, sat down on the right hand of God; from henceforth expecting till His enemies be made His footstool.

For by one offering He has perfected forever them that are sanctified. Whereof the Holy Ghost also is a witness to us: for after that He had said before, "**This is the covenant** that I will make with them after those days, says the Lord, I will put My laws into their hearts, and in their minds will I write them; and their sins and iniquities will I remember no more."

Hebrews 10:19 Having therefore, brethren, boldness to enter into the holiest **by the blood of Jesus**, by a new and living way, which He hath consecrated for us, through the veil, that is to say, His flesh; And having an high priest over the house of God; let us draw near with a true heart in full assurance of faith, having our hearts sprinkled from an evil conscience, and our bodies washed with pure water.

Let us hold fast the profession of our faith without wavering; (for He is faithful that promised;) and let us consider one another to provoke unto love and to good works: not forsaking the assembling of ourselves together, as the manner of some is; but exhorting one another: and so much the more, as you see the day approaching.