

## **Covenant Sealing**

“I Break Bread With the King”

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### **Core Teaching**

The third step in discipleship is covenant sealing through communion. After separation, submission to truth, and covenant fellowship, the disciple must establish themselves in the covenant through the table.

Communion is not a ritual or a symbolic tradition. It is a legal act of alignment with the blood covenant. At the table, the disciple affirms their identity, their allegiance, and their participation in what was established through the sacrifice.

Many approach communion casually, without understanding its weight. This produces contradiction. When the table is treated lightly, the covenant is not honored, and the result is weakness instead of strength.

The table is a place of confirmation. It is where identity is reinforced, alignment is renewed, and spiritual positioning is strengthened. It is also a place of accountability. A disciple must approach it with awareness, reverence, and examination.

Communion establishes agreement with the body and the blood. This agreement carries both covering and responsibility.

To partake rightly is to come into strengthening. To partake wrongly is to step into judgment.

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### **Key Scriptures**

- Luke 22:19–20

“This is My body which is given for you... This cup is the new covenant in My blood...”

- 1 Corinthians 10:16

“The cup of blessing which we bless, is it not the communion of the blood...?”

- 1 Corinthians 11:27–30

“Whoever eats this bread or drinks this cup of the Lord in an unworthy manner...”

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### **Practical Application**

Approach communion with intention, not routine. Set aside time to prepare your heart and mind before taking the bread and the cup.

Examine yourself honestly. Identify any areas of sin, compromise, or misalignment. Do not ignore them. Bring them into the light and make a decision to turn from them.

Release every offense before coming to the table. Unforgiveness creates contradiction within the covenant. You cannot align with the covenant while holding division in your heart.

When you take the bread, recognize your alignment with the body. When you take the cup, recognize your alignment with the blood covenant. Do this consciously and deliberately.

Make communion a regular and intentional practice that reinforces your covenant position.

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### **Proclamation or Exercise**

Declare:

“I honor the body and the blood. I align myself with the covenant. I examine my heart and remove all offense, sin, and compromise. I receive strengthening, covering, and alignment through the table.”

After declaring, take communion with focus and reverence. Do not rush the process. Allow the act to establish your position fully.

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### **Higher Level Notes (For Advanced Study)**

Communion functions as a covenant renewal act. It reaffirms legal alignment with what has been established through the sacrifice.

The table is both a place of empowerment and judgment. It reveals alignment or misalignment within the disciple.

Right participation brings strengthening, clarity, and covering. Wrong participation—without examination or with hidden offense—opens the door to weakness and discipline.

Understanding the legal nature of communion deepens its function beyond tradition and restores it to its rightful place within discipleship.