



**Website:** [www.toms-lifestyle.org](http://www.toms-lifestyle.org)

**YouTube Page:** The Outgivers Ministries (TOMS)

**Blog:** [www.outgivers.blogspot.com](http://www.outgivers.blogspot.com)

**Facebook page:** [www.facebook.com/aboundinchrist](http://www.facebook.com/aboundinchrist)

**Email:** [info@toms-lifestyle.org](mailto:info@toms-lifestyle.org)

**Address:** P.O. Box 86362 Gaithersburg, MD 20886

**Phone #:** 1.844.762.3332

**Come Ready to “Discern” and “Partake”  
of the  
“Body” and “Blood” of Jesus Christ.**

**Have your communing elements with you and ready.**

# To “discern” means to...

- Recognize
- Make out
- Distinguish
- Differentiate
- Espy/descry (catch sight of).

# To not discern will mean to...

- Overlook
- Miss

# The Point...

- Is not to miss out on the benefits of both the body and blood of Jesus.
- Is to identify and distinguish the purpose of the body of Jesus from the purpose of the blood of Jesus.

# To “partake” means to...

- Consume
- Eat
- Drink
- Take
- Take part in

# The Body of Jesus Christ

Matthew 27:34 (NIV)

<sup>34</sup> There they offered Jesus wine to drink, mixed with gall; but after tasting it, he refused to drink it.

Matthew 27:34 (MSG)

<sup>34</sup> Arriving at Golgotha, the place they call “Skull Hill,” they offered him a mild painkiller (a mixture of wine and myrrh), but when he tasted it he wouldn’t drink it.

Mark 15:23 (NIV)

<sup>23</sup> Then they offered him wine mixed with myrrh, but he did not take it.

# Spiritual Exchange

- Jesus refused to shortchange the process (of enduring every pain) by taking a pain killer.
- Jesus endured the humiliating process of His death and the pain that accompanied it so that you and I will not have to go through pain in any aspect of our lives.
- The pain that Jesus endured, was felt in His physical body – His body was broken down so that ours, will be made whole.



# Partake

Today, we partake **unto a pain free life** and **a pain free body**. He endured pain so that I should not.

Declare over yourself in faith...

- I speak wholeness to Emotional pain.
  - I speak wholeness to Physical pain.
  - I speak wholeness to Psychological pain.
  - Etc.
- 
- I declare that I live a pain free life. I receive whole from the crown of my head to the soles of my feet.

# The Blood of Jesus Christ

Matthew 26:28 (NIV)

<sup>28</sup>This is my **blood** of the covenant, which is poured out for many for the forgiveness of sins.

1 John 1:7 (NIV)

<sup>7</sup> But if we walk in the light, as he is in the light, we have fellowship with one another, and the **blood** of Jesus, his Son, purifies us from all sin.

# Spiritual Exchange

- Our sinful nature was nailed on the cross and now we are new creations in Christ Jesus. Not sin conscious!!
- At the cross, Jesus made provisions for forgiveness of our past, present and future sins.
- Therefore, we never have to wonder if we were forgiven, are forgiven or will be forgiven.
- Forgiveness is our identity.
- Declare “I am the forgiven of the Lord”.

# Partake

Partake because you acknowledge and appreciate your identity under the new covenant.

- Call or email using the information below to schedule an appointment to speak with any of the leaders.



**Website:** [www.toms-lifestyle.org](http://www.toms-lifestyle.org)

**YouTube Page:** The Outgivers Ministries (TOMS)

**Blog:** [www.outgivers.blogspot.com](http://www.outgivers.blogspot.com)

**Facebook page:** [www.facebook.com/aboundinchrist](http://www.facebook.com/aboundinchrist)

**Email:** [info@toms-lifestyle.org](mailto:info@toms-lifestyle.org)

**Address:** P.O. Box 86362 Gaithersburg, MD 20886

**Phone #:** 1.844.762.3332

1.571.278.7680

1.240.328.2211