

**EAT  
YOUR  
WAY  
TO LIFE  
AND  
HEALTH**



EMANATE  
BOOKS

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JOSEPH PRINCE

EAT  
YOUR  
WAY  
TO LIFE  
AND  
HEALTH

UNLOCK THE POWER OF  
THE HOLY COMMUNION



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BOOKS

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EMANATE  
BOOKS

# INTRODUCTION

**D**id you know you can ask God for a long, good, and healthy life?

Are you aware that God is still healing people today? And have you ever wondered if it is the will of God for you to be healed?

I don't know what circumstances you are confronted with as you hold this book in your hands. Perhaps you or your loved one has been diagnosed with a critical illness, and you are still reeling from shock, fear, and helplessness. Or maybe you have suffered a relapse of a condition you thought you had beaten, and you have resigned yourself to it being "God's will."

My friend, whatever situation you might be faced with, do not give up.

Not now.

Not ever.

No matter how dire your medical report might be, God can still turn your situation around. He is a God of miracles, and whatever giant you might be faced with today, He is bigger.

Your outward circumstances might be discouraging. You may be surrounded by intravenous drips, respiratory ventilators, or other medical equipment. The X-ray report you received, that lump the doctors found in your body, or that spreading patch on your skin may be foreboding. But you know what? You can *see* these things, and that means they are

*temporal*. The Bible tells us that “the things which are seen are temporary, but the things which are not seen are eternal” (2 Cor. 4:18).

There is an enemy who uses the visible to snare you and oppress you with fear and discouragement. But I believe the Lord arranged for you to have this book in your hands because He wants you to keep your eyes on Him—the invisible God who is eternal. He will never leave you nor forsake you. And, even now, He is reaching out to you through the pages of this book. You have a God who loves you so much He gave His own life for you on the cross.

And yet people have somehow believed the lie that sometimes it is God’s will for us to be sick. There are even those who claim that God uses sickness to “chastise” us or teach us a lesson. These lies have robbed His people of partaking of their blood-bought right to divine health. These lies have caused too many believers to simply accept sickness in their bodies.

My friend, God is *not* the author of sickness, disease, and death. The destructive power of disease and death was released through an act of eating when Adam and Eve ate from the Tree of Knowledge of Good and Evil. But God never intended for man to suffer disease and sickness. In fact, God never intended for man to die. Death came into the world because Adam sinned against God, and the wages of sin is death (Rom. 6:23).

The good news is, our beautiful Savior didn’t just die for our sins—He also paid the price for the healing of our sicknesses and diseases with His own body. And because of His work on the cross, we can believe for healing and divine health. The Bible declares that “by His stripes we are healed” (Isa. 53:5).

How can we receive this provision of health and wholeness? Just as death and sickness came through the act of eating, I believe God has ordained that another act of eating reverses the curse brought about in the garden of Eden. I believe life, health, and healing can also be released through the simple act of eating.

In other words, *you can eat your way to life and health.*

What am I talking about? I am talking about the holy Communion.

The truths behind the holy Communion have been neglected by the body of Christ, with many seeing it as a mere ritual or tradition and partaking of it only a few times a year, or at most once a month. But because of the revelations God has unlocked for our church, we have been partaking of the holy Communion every Sunday for years. Many of our church members even partake of the Communion on a daily basis, with some partaking several times a day!

I have received healing testimonies from people all around the world since I started preaching the gospel of grace more than two decades ago, and especially when I started to preach on how God has ordained the holy Communion as a channel of receiving healing, health, and wholeness. As more and more people got hold of the teachings on the Lord's Supper, testimonies of healings began to stream in, and I cannot wait to share some of them with you in this book. Whether you are facing a medical challenge or you simply desire to live in a greater measure of health, I know you will be blessed by the truths in this book.

Interestingly, many people think the way to live a long and healthy life is to watch what they eat. That's why so many fad diets have come and gone, and we are constantly told we need "health foods" like barley greens, coconut oil, and spirulina, just to name a few, in order to stay healthy. I was stunned to discover that the dieting industry in America alone is a seventy-billion-dollar industry today,<sup>1</sup> with businesses trying to push all kinds of dieting methods, supplements, and plans.

Don't get me wrong. By all means eat well, choose the right foods, and stay away from excesses that will damage your body. But our dependence cannot be on diets, fancy activity trackers, exercise apps, and health foods. Thank God for nutritionists and fitness instructors. They are fighting the same battle. Our trust, however, has to be in the redemption purchased by Christ and not in creation. I will elaborate on this in the following chapters.

Divine health and long life can only come from God. Unlike the health foods, diet, or vitamins and supplements industries trying to sell

their products, God's provision for life and health is not sold in a bottle, nor is it a plan or a pill. It has been given to us freely, but it came at an astronomically high price that was paid on the cross of Calvary by the Son of God Himself.

I wrote this book because I want you to receive—through partaking of the holy Communion—the full benefits of all the Lord Jesus has purchased for you on the cross. I want you to know beyond the shadow of a doubt that God wants you healed, whole, and well. I want you to know that God's heart is for you to enjoy a long, healthy, and satisfying life.

Here are just some of the questions I hope to answer for you in this book:

- Is it God's will to heal me?
- Do I qualify for His healing power?
- What should I do if I am sick?
- Is God punishing me with sickness and disease?
- Of what relevance is the holy Communion to me?
- Can God heal my loved ones?
- How can I have a long, healthy life?
- What should I do when I don't see results?

In answering these questions, I don't want to share my personal opinions with you. I want to show you everlasting promises from the Word of God. I want to share testimonies from Scripture as well as from people who have received healing even though doctors had told them their conditions were terminal or incurable.

What God has done for them, He can do for you too.

My friend, your healing breakthrough is on its way, and I can't wait for you to receive every iota of the blessings our Lord Jesus paid for you to enjoy. Let me show you how you can eat your way to life and health.

I.

## COME TO THE TABLE

**T**his book you are holding is not an ordinary book.

I feel strongly that I am on assignment from God, an assignment to bring us to a place where every child of God can walk in divine health all the days of his or her life!

I fully believe the Lord has given me a mission to teach on the health-giving, life-imparting, healing power of the holy Communion, and I cannot wait to tell you more.

This is not a new revelation or some passing fad. I have been preaching, teaching, and practicing the insights the Lord has given me for close to two decades now. We have a congregation of more than thirty-three thousand people meeting across multiple services in multiple locations every Sunday. Every Sunday, at every service, including our kids' services, we partake of the holy Communion together as a church.

The holy Communion is not just something for me to teach. I am fully convinced of its efficacy, and I personally partake of the Lord's Supper on a daily basis. There are seasons when I even partake of it several times a day, and I can't begin to tell you how the freedom to freely receive the Lord's Supper has blessed me and my family.

## GET A POWERFUL REVELATION OF THE COMMUNION

I have preached many messages on the holy Communion during the last twenty years. But I preached what I consider to be a milestone message on April 7, 2002, titled “Health and Wholeness Through the Holy Communion.” It wasn’t just another sermon. The truths unveiled that day led to the healing and transformation of umpteen lives around the world and released a flood tide of revelations that continue to reverberate through many lives.

My friend, I don’t want *you* to miss out on that message! Would you allow me to take you back in time? I have prepared a link to the message as my gift to you. You can listen to it by going to [JosephPrince.com/eat](http://JosephPrince.com/eat). As you listen, I want you to know this: God is not limited by time or space. You will be listening to a word the Lord put in my heart *for you* many years ago. It was powerful then, but I believe it has never been more relevant than right now.

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**THE REVELATION  
OF THE HOLY  
COMMUNION HAS  
NEVER BEEN MORE  
RELEVANT THAN  
RIGHT NOW.**

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Whether this is the first time you are hearing me teach about the holy Communion or the hundredth time, I pray that your life will be revolutionized as the Lord reveals His truths to you. Whatever sickness or pain you might be dealing with, may your healing begin today as you learn more and more about how you can partake of Jesus’ finished work through the holy Communion.

The fruits of teaching the holy Communion have been astounding. Since I started preaching on it, healing testimonies have been pouring in from around the world. If you are one of those who have written to me, thank you. From the bottom of my heart, *thank you*. I am so humbled you would take the time to share your testimony with me. I may not be able to respond to everyone or to share every testimony during my

preaching, but reading about what the Lord has done for you and your loved ones has blessed me beyond measure, and I want you to know the word of your testimony has also gone on to help others to overcome the enemy in their lives (Rev. 12:11).

In particular, I want to say a special thank you to those of you who have sent me copies of your medical reports, scans, X-rays, and other medical documentation that validate the Lord's healing in your lives. I rejoice to know you are walking in the health our Lord Jesus paid for you to enjoy. I rejoice even more to know you have experienced His love for you in such a tangible way.

## HEALTH IS THE GREATEST BLESSING

Would you agree that apart from the gift of salvation—receiving Jesus as our Lord and being saved from eternal destruction—the greatest blessing we could receive is health? You can have a wonderful family, but if you are flat on your back and cannot enjoy being with them, that would be misery. As for money, you might be able to afford the latest medical treatment or best surgeons, but all the money in the world cannot buy health.

I have no doubt God wants you and me to enjoy His blessing of health. When Jesus walked on earth, He didn't walk on water or calm storms all the time, but He *healed* all the time. Every village He stepped into, everywhere He went, He went about doing good and healing all who were oppressed (Acts 10:38).

## WE HAVE BEEN ROBBED!

One of the reasons I am so passionate about teaching on the holy Communion is that I was a victim of flawed, legalistic teaching that kept me in fear and bondage for many years when I was a young

Christian. I wouldn't be surprised if some of you reading this were taught the same things.

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**JESUS DIDN'T  
WALK ON WATER  
OR CALM STORMS  
ALL THE TIME,  
BUT HE HEALED  
ALL THE TIME.**

---

I was taught to “examine myself” before coming to the Lord's Table and warned not to partake of the holy Communion if there was sin in my life that made me unworthy. I was told that if I did, I would bring judgment on myself. I would become weak and sickly, and I might even die before my time. As a result, I was so fearful of the Communion I never partook of it.

After all, I was no fool. Why would I want to risk it? I wasn't living in sin or anything like that, but what if there was some sin in my life I didn't know about or had forgotten to confess? To make matters worse, I was told I could commit not just sins of commission (things I did), but also sins of omission (things I failed to do), and even sins of transmission (sins committed by my ancestors). How could I ever know if I was “worthy” enough?

In the previous church I attended, I remember how those who wished to partake of the holy Communion were invited to go forward, and we would have to walk to the altar in front of the church. I was a youth leader then, so I would pretend to go forward together with those who were receiving the Communion. After standing for some time, I would go back to my seat and make it appear as if I had already received the Communion. But I never partook of it.

Why? Because of fear.

I was robbed of my inheritance because of well-meaning but erroneous preaching that put an invisible fence around something that was meant to be a *source* of health and healing and a blessing for God's people. A fence was put around it saying, “Don't come near unless you are worthy.” I don't want you to be robbed like I was, and that is why I want you to see for yourself what the Word of God says. Are you ready?

## MISINTERPRETATION OF SCRIPTURE LEADS TO WRONG BELIEFS

How did such wrong beliefs come about? They stem from a misinterpretation of the apostle Paul's teaching on the holy Communion in his letter to the Corinthian church:

Therefore whoever eats this bread or drinks this cup of the Lord in an unworthy manner will be guilty of the body and blood of the Lord. But let a man examine himself, and so let him eat of the bread and drink of the cup. *For he who eats and drinks in an unworthy manner eats and drinks judgment to himself, not discerning the Lord's body. For this reason many are weak and sick among you, and many sleep.* (1 Cor. 11:27–30)

Somehow, people have misunderstood verses 27 and 29 and have taught that we cannot partake of the Communion if we are “unworthy” because of our sins. But Jesus' blood has already been shed for us, and as believers, we are the righteousness of God in Christ (2 Cor. 5:21). We are completely righteous and worthy not because we are perfect, but because *He* is perfect.

Now I want to make it clear that I am *against* sin. But we don't have to be perfect to come to the Lord's Table. If that were a prerequisite, *no one* would be able to partake! You might not think you have committed any serious or major sins, but to God, sin is sin, and if you fail in even one area, you are counted guilty of all (James 2:10). Thank God that even when we fail, we have “redemption through His blood, the forgiveness of sins, according to the riches of His grace” (Eph. 1:7).

I also want to point out that verses 27 and 29 do not say that those who are *unworthy* cannot partake of the Communion. Look closely.

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**WE DON'T  
HAVE TO BE  
PERFECT TO  
COME TO THE  
LORD'S TABLE.**

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Paul was talking about the *manner* in which one partakes of the Communion. The apostle was writing to the Corinthian church, which was treating the Lord's Supper with irreverence, eating to satisfy their hunger with no consideration for others and even getting drunk. Paul described the manner in which they were partaking:

So when you meet together, it is not to eat the Lord's Supper, for when you eat, each one hurries to get his own supper first [not waiting for others or the poor]. So one goes hungry while another gets drunk. What! Do you not have houses in which to eat and drink? Or do you show contempt for the church of God and humiliate those [impoverished believers] who have nothing? (1 Cor. 11:20–22 AMP)

It is clear Paul was correcting them for treating the Lord's Supper like any other meal, rather than partaking of it in a *manner* that was worthy of what our Lord Jesus had ordained it to be. They were treating the Communion as something ordinary instead of seeing it as holy and set apart.

For us today, to partake of the Communion in an unworthy manner is to be like the Corinthian church, treating the elements of the

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**DON'T SIMPLY  
GO THROUGH  
THE MOTIONS OF  
PARTAKING OF THE  
BREAD AND THE CUP  
WITHOUT VALUING  
THEIR SIGNIFICANCE  
AND POWER.**

---

Communion as *common, insignificant, and powerless*. It is to treat the Communion elements as natural and ordinary and to fail to recognize the potent, sacred force we get to hold in our hands. It is to disdain the elements and to be like the children of Israel, who got so familiar with the manna God in His grace provided that they saw the bread from heaven as worthless (Num. 21:5). It is to simply go through the motions of eating the bread and taking the cup without valuing the significance and power they contain.

Maybe you have never really understood why Christians partake of the Communion, and you have only been partaking because you were told to. It is an empty ritual to you, something your church organizes once a month, or only on special occasions like Good Friday. Maybe you are partaking of the Communion superstitiously—you are giving it a go simply because you have heard healing testimonies from others, and you are hoping it might work its “magic” for you too. Or maybe you see it as a sentimental custom or quaint tradition that simply reminds Christians about the roots of their faith. Maybe when you hold the elements, all you see is a cracker and some juice, nothing more.

If that sounds like you, may I tell you that *you* have also been robbed? The Bible says God’s people are destroyed “for lack of knowledge” (Hos. 4:6). Your lack of knowledge about what the holy Communion is really about has been destroying you, and you don’t even know it!

## WE HAVE THE REAL FOUNTAIN OF YOUTH

Let me tell you why I preach so strongly about the holy Communion, and why I partake of it every single day. Let me tell you why the holy Communion is ingrained as part of the DNA of our church and why I believe it is more powerful than any medicine, any medical procedure, any antibiotic, and any chemotherapy used to heal our bodies. Let me tell you why I believe the holy Communion is the proverbial “fountain of youth” mankind has been in search of for generations and why I believe every time we partake of it, we are causing our youth to be renewed like the eagle’s (Ps. 103:5).

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**EVERY TIME WE  
PARTAKE OF THE  
COMMUNION, OUR  
YOUTH IS BEING  
RENEWED LIKE  
THE EAGLE’S.**

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The earth has been under a divine judgment ever since Adam sinned. Aging, disease, and death are all part of this divine sentence. The reality

is, we live in a fallen world and these effects of the divine sentence are happening to *all* our mortal bodies. But God *never* intended for His children to suffer any of it. That is why He sent His Son to bear our sins and sicknesses on the cross. That is why He provided the holy Communion as a way to escape the divine judgment that is on this world, to offset

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**THE HOLY  
COMMUNION IS A  
SUPERNATURAL  
CHANNEL FOR  
HIS HEALTH  
TO FLOW INTO  
OUR BODIES.**

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its effects. The holy Communion is a supernatural channel for His health and wholeness to flow into our bodies. While the world is getting weaker and sicker, I believe we are getting stronger and healthier each time we partake of the Communion by faith!

There are some who have misconstrued 1 Corinthians 11:27 to say that when we are unworthy and we partake of the Communion, God will judge us by giving us sicknesses. It makes me sad that people would inadvertently accuse our loving Father of inflicting us with sickness, when He made the ultimate sacrifice to *take away* sicknesses from us. Isn't it just like the deceiver to erect fences of wrong beliefs around the very channel the Lord meant as the antidote to sickness and disease? Isn't it just like the enemy to put up these fences so God's people would be too fearful to partake of His provision?

The early church clearly understood how powerful the Communion is. That's why they didn't partake of it only once in a while. The Bible tells us they broke bread "from house to house" (Acts 2:46). When they met on Sunday, the main reason wasn't to hear preaching and teaching. I want you to see this for yourself:

Now on the first day of the week . . . the disciples came together to *break bread*. (Acts 20:7)

Even though the apostle Paul was the guest speaker that weekend, the main reason they gathered was to break bread. If people today only

knew the magnitude of the power contained within the Lord's Supper, they would be like the early church, partaking of the Lord's Supper as often as they could and receiving as much of His benefits as they could. We have been robbed, people! It's time to wake up!

Let us always examine ourselves, not for sins (as they have been washed away by the blood of Jesus), but to ensure we partake in a manner *worthy* of the Lord's Supper, with a revelation of His finished work. Let us always be conscious that, as we partake of the bread, we are partaking of Jesus' body that was broken so ours might be whole (1 Cor. 11:24; Isa. 53:5). And as we partake of the cup, let us be conscious we are receiving His blood that was shed for the forgiveness and remission of *all* our sins (Matt. 26:28; Col. 2:13).

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**PARTAKE OF  
THE LORD'S  
SUPPER WITH A  
REVELATION OF  
HIS FINISHED  
WORK.**

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## HE IS WITH YOU IN THE MIDST OF YOUR TRIAL

But if God wants us to be healthy, and Jesus' body was broken for us, why are there Christians who are sick? I personally know believers who are battling severe illnesses, and I am sure you do too. You or your loved one might even be facing a health challenge right now.

If you are fighting a medical condition, please know that it is okay for you to have doubts and questions. The Lord knows the confusion and pain you feel, and He wants you to know He is with you through it all. I know it can be hard to keep trusting Him when you are going through a fiery trial. But keep trusting Him, my friend. He *is*, right now, your very *present* help (Ps. 46:1). Keep fixing your eyes on Him. He is faithful, and He will never leave you nor forsake you (Deut. 31:6).

Daniel 3 records the story of three friends (Shadrach, Meshach, and Abed-Nego), who were bound and thrown into a fiery furnace when they refused to bow to and worship the gold image set up by King

Nebuchadnezzar. The furnace was so hot that the men who threw them in were killed by the heat. But the king saw the three friends walking in the midst of the fire, and he saw a fourth man with them who was “like the Son of God” (Dan. 3:25). Amazed, the king called them out, and he and all his officials saw that the fire had had no power over them. Not a single hair on them was singed, their clothes were not scorched or damaged, and there was not even the smell of smoke on them. As a result, the king acknowledged that there was no other God who could deliver like their God, and the three friends were not only released, they were also promoted.

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**YOU WILL  
EMERGE FROM  
YOUR TRIAL SO  
MUCH STRONGER  
THAN BEFORE  
YOU WENT IN.**

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Beloved, your Lord Jesus has promised that “*nothing* shall by any means hurt you” (Luke 10:19). Even if you are going through a trial, He will deliver you. Just as He was in the fire with Daniel’s three friends, He is *with you*. I pray in Jesus’ name you will emerge from this trial so much stronger than before you went in. I declare that this disease shall have *no* power over you, and that the Lord will deliver you so completely you will come out of this without even the smell of smoke on you!

## HOW TO ESCAPE BEING WEAK AND SICK

I want to share with you something that I believe can help us to experience more of His healing power. The apostle Paul draws our attention to the reason many Christians are weak, sick, and even dying prematurely. Aren’t you glad he used the word *reason* and not *reasons*? I am not saying every believer’s sickness is due to this. I am just pointing out that in His Word, God highlights this as the reason many Christians are weak, sick, and asleep (dead prematurely). This is good news because it means that when we know what this reason is, we can avoid it.

For he who eats and drinks in an unworthy manner eats and drinks judgment to himself, *not discerning the Lord's body*. For this reason many are weak and sick among you, and many sleep. (1 Cor. 11:29–30)

The “reason” highlighted by Paul is “not discerning the Lord’s body.” The word *discerning* is translated from the Greek word *diakrino*, which means “to make a distinction.”<sup>1</sup> (If you want to know more about the key Greek words used and their meanings in 1 Corinthians 11:28–32, please refer to the appendix.) There are some who recognize that Jesus’ blood was shed for the forgiveness of our sins, but they don’t recognize that His body was broken so that our bodies can be well. There are also those who lump both the bread and cup as one, seeing both as representing the forgiveness of sins instead of separating the two.

But Jesus didn’t just suffer and die for our forgiveness. He also died for our healing. The psalmist David wrote, “Bless the LORD, O my soul, and forget not all His benefits: Who forgives all your iniquities, who heals all your diseases” (Ps. 103:2–3). The same Jesus who purchased the forgiveness of *all* our sins also removed *all* our diseases. The failure to make a distinction and see that the Lord’s body was broken for our diseases to be healed causes many to be sick and weak.

If many are sick and weak because they have failed to discern the Lord’s body, then it stands to reason the opposite is true: those who *discern* that His body was broken for our health will be healthy and strong, and will live long, good lives! That, my friend, is why I am writing this book. There is such healing power in the holy Communion, but too many people have been robbed of this gift either because they do not know about it or because they have been taught wrongly about what the Lord meant for it to be.

Every time we partake of the Lord’s body, we are ingesting health, vitality, strength, and long

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**THE SAME  
JESUS WHO  
PURCHASED THE  
FORGIVENESS  
OF ALL OUR  
SINS ALSO  
REMOVED ALL  
OUR DISEASES.**

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life. If there is disease in the body, the disease will be supernaturally driven out. If there is decay and degeneration, the deterioration will be reversed. If there is pain, it will be removed. The results may not be spectacular and immediate, but they are sure and will surely come. And I pray you will experience them for yourself.

## CANCER DISAPPEARED AFTER PARTAKING OF THE COMMUNION

Some years ago, doctors found a huge tumor in my uncle's throat. A biopsy showed it was cancerous. He was then sent for another more detailed scan, and the pathologist told him the cancer was aggressively spreading all over his neck and behind his tongue. My uncle told me that the moment he heard what the pathologist said, he gave up hope he would live. But before he went for his surgery to try to remove the tumor, his daughters, who had been attending our church for years, went to him and said, "Let's have Communion together, Dad. Let's pray and believe God."

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**EVERY TIME WE  
PARTAKE OF THE  
LORD'S BODY, WE  
ARE INGESTING  
HEALTH, VITALITY,  
STRENGTH, AND  
LONG LIFE.**

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He shared that as they partook of the Communion, he felt hope rising in his heart for the first time, and he partook believing that Jesus was his healer and believing that the body of Jesus would make a difference in his body right there in the hospital ward. After that, he went for the surgery and the doctors removed the mass from his throat. The amazing thing is, when they did a biopsy on the growth that was taken out, they found absolutely no trace of cancer in the tumor, and his doctors could not explain it!

Multiple scans before the surgery had confirmed that the growth in his throat was cancerous. In fact, the tests showed that the cancer

was spreading and that it was aggressive. And yet, when the tumor was removed, there was no trace of cancer in it. Somehow the Lord had caused the cancer to supernaturally disappear, and I believe it happened when my uncle and his family partook of the Communion.

In the same way, if there is a condition in your body, and your doctors have given you a negative prognosis, do not fear. We may not know how our healing can take place, but let's have faith in the finished work of Jesus. "With God, all things are possible" (Matt. 19:26).

Even though we just started talking about the holy Communion, I pray that this chapter has already helped to answer some of your questions and that you are now excited to receive its benefits freely. You are so loved. Don't live as though you don't have a Savior. Whatever condition you might have been diagnosed with, do not despair. He has paid the price for you to be well. And He has made it easy for you to receive not just His love and forgiveness, but His healing power as well.

I want to invite you to the Lord's Table. The table has been prepared, not by human hands that can falter and fail, but by the perfect One whose hands were nailed to the cross for you. *He* prepares this table in the presence of your enemies, and invites you to come to partake of His body broken for you and His blood shed for you. Come boldly to the table and partake by faith and receive your healing.

If you have received Jesus as your Lord and Savior, you have been made worthy by the blood of the Lamb. You have been washed clean of all your sins. Don't allow the enemy to rob you any longer. Partake of the Lord's Supper with thanksgiving, knowing that each time you partake, you are getting healthier, stronger, and younger in Christ!

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**HE HAS MADE IT  
EASY FOR YOU TO  
RECEIVE BOTH HIS  
FORGIVENESS AND  
HEALING POWER.**

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## 2.

# NOT ANOTHER DIET PLAN

**Y**ou may have picked up this book thinking I am advocating some kind of new dieting plan. The reality is, I am! But the food and drink I am talking about are not natural food and drink. And they have nothing to do with the amount of carbohydrates you are allowed to eat or whether or not they are from an organic source. In this chapter, I want to talk to you more about this *supernatural* food and drink and the key to living a long, healthy life *God's way*.

## WHAT IS YOUR HEALTH BASED ON?

According to the Centers for Disease Control and Prevention, from 2015 to 2016, 70 percent of adults in the United States aged twenty and over were overweight or obese.<sup>1</sup> That's a pretty startling statistic, if you ask me. What is of even greater concern is that obesity is linked to rising rates of dozens of chronic illnesses and conditions including diabetes, heart disease, cancer, depression, and even infertility.<sup>2</sup>

Maybe you are wondering how you can ensure you live a long, healthy life. May I tell you chasing the latest dieting fad or buying the

most updated activity tracker is not the answer? While some diet plans can produce results like weight loss, many people regain their weight with a vengeance once they stop their diets. As for activity trackers, I remember being at an electronics store and having a chat with the owner when the trend first started. He shared with me how there was such a demand for activity trackers that they quite literally flew off his shelves. But a study showed that while one in ten Americans over eighteen years old owned an activity tracker, more than half of those said they had stopped using it altogether.<sup>3</sup>

Please hear me out. I am not saying you should not eat well or exercise. Of course you should! I am just pointing out that while billions of dollars are being poured into the dieting and weight loss markets each year, the results they yield are mixed and often temporary. I am all for fitness plans or devices that can help people achieve their health goals. I personally observe a healthy diet, and I also exercise and go for walks on a regular basis.

But may I submit to you that as believers, we should not be obsessed with or dependent on diets and fitness regimes for our health? God has something special set aside for His children, and that's the gift of His divine health. It is a *supernatural* health that is not based on the food we eat or how hard we hit the gym. If all that could lead to divine health and life, then anyone, including nonbelievers, would be able to walk in it!

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**GOD HAS  
SOMETHING SPECIAL  
SET ASIDE FOR HIS  
CHILDREN—THE GIFT  
OF SUPERNATURAL  
HEALTH.**

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## THE ONLY GUARANTEE TO DIVINE HEALTH

Many believers are pursuing food and diet as their key to health, and there are many books on what to eat and what not to eat. For instance,

there are believers who are advocating going back to the diet Adam and Eve would have eaten in the garden of Eden. This means eating more fruits, grains, and seeds, as though we could go back to the time before Adam sinned. But we cannot pretend the fall never happened—it did!

There are also those who advocate the Mediterranean diet that our Lord Jesus would have eaten. I agree a Mediterranean diet is good, but if you think about it, every single person Jesus healed *was* on the Mediterranean diet, and they still fell sick. Other diets have also come and gone, with proponents championing different things, from having no carbohydrates, to intermittent fasting, to vegan foods. Unfortunately, eating right doesn't guarantee good health. A person can eat only what is considered by nutritionists as the best organic superfoods and be phenomenally disciplined with their daily exercise routine, yet still fall terminally ill and have their life shortened by sickness. Why is that? Creation is fallen. The answer is not found in *creation*; it is found in *redemption*!

I am not knocking special kinds of diets. If you have been on such diets and they have been good for you, praise the Lord! I am just saying our trust and dependence cannot be in the foods we eat to make us healthy or to give us long lives. There is no hope in creation. Whether it is adhering to certain diets, making use of herbal remedies, or eating organic foods, they all come from this created world. They can be beneficial, but they cannot guarantee health because the earth is fallen.

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**THE ANSWER  
IS NOT  
FOUND IN  
CREATION; IT  
IS FOUND IN  
REDEMPTION!**

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All of creation is groaning and subject to death and decay (Rom. 8:21–22 NLT). The Bible even tells us, “For it is good that the heart be established by grace, not with foods which have not profited those who have been occupied with them” (Heb. 13:9). The only sure thing we should establish our hearts on is *grace*, and grace is the very person

of our Lord Jesus. The only guarantee is the finished work of our Lord Jesus Christ.

## PUT YOUR TRUST IN REDEMPTION, NOT CREATION

As long as we are depending on our eating and exercising to keep us healthy instead of trusting in the Lord, our dependence is still on creation (natural means) and not on redemption (His supernatural work). Even as we eat healthily and exercise regularly, if we want to walk in supernatural health, then our trust should be in a supernatural God and the supernatural food He has given us.

Man has tons of research devoted to creation and entire libraries and research centers focused on studying questions such as how the earth was formed and how life began. But do you know what God thinks of creation? He spent just one chapter in the whole Bible talking about creation.

When it comes to redemption, however, God spent more than ten chapters in Exodus alone talking about the blood sacrifices, offerings, and tabernacle of Moses because they all speak of the glories and beauties of His Son and the work of redemption He was sent to carry out.

For God to create, He only had to speak. But for God to redeem us, He had to *bleed*. Redemption cost God so much more than we could ever imagine. If we think we can look to creation to make us healthy, do you know what we are saying? If we could achieve the blessing of health by our discipline and good works, then we are saying the cross was useless and Jesus' sufferings were in vain. But, my friend, that is not so. There is no hope in creation; there is only hope in the cross!

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**TO CREATE,  
GOD ONLY HAD  
TO SPEAK; TO  
REDEEM US, HE  
HAD TO BLEED.**

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## THE FOOD THAT BRINGS HEALTH AND WHOLENESS

Let me tell you more about this supernatural food and drink we get to take. It is the only food and drink that is not based on fallen creation or dependent on the efforts of fallen man. When we eat and drink this supernatural food, we are partaking of the work of redemption and not creation.

Our Lord Jesus said, “I am the living bread which came down from heaven. If anyone *eats of this bread*, he will live forever; and the bread that I shall give is *My flesh*, which I shall give for the life of the world” (John 6:51). The word *life* here is the Greek word *zoe*, which is the same Greek word used in the Septuagint when God breathed into Adam and Adam received life (Gen. 2:7). While *zoe* refers to the life that God lives by, *zoe* also refers to physical life, health, vitality, and wholeness.<sup>4</sup> The food that God has given us to eat is not perishable food but *living* bread—Jesus, who came from heaven and was given for us to have life.

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**THE FOOD WE  
HAVE IS NOT  
PERISHABLE BUT  
LIVING BREAD,  
GIVEN FOR  
US TO HAVE  
ABUNDANT LIFE.**

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If you are wondering how Jesus can give us His flesh to eat, you are in good company, because the Jews who heard what Jesus said asked the same question (John 6:52).

There are some who think Jesus was simply talking about believing in Him. But I want to draw your attention to how our Lord Jesus went on to say, “For My flesh is food indeed, and My blood is drink indeed. He who *eats My flesh* and drinks My blood abides in Me, and I in him” (John 6:55–56).

Did you know two different Greek words are used here for the word *eats*? When Jesus said, “If anyone *eats* of this bread, he will live forever” (John 6:51), the generic Greek word *phago* for *eats* was used. *Phago* can be used in a

physical sense or in a spiritual sense, as in to feed on Christ.<sup>5</sup> But when Jesus said, “He who *eats* My flesh and drinks My blood abides in Me, and I in him” (v. 56), the Greek word used for *eats* is *trogo*, which means “to gnaw or crunch,”<sup>6</sup> like when eating nuts.

There is no way you can spiritualize a crunching sound. Jesus was not talking about spiritually eating or feeding here. He was talking about physically eating, about chewing with a crunching sound!

To understand more what our Lord was referring to, look at what He said on the very night He was betrayed, when He knew He would lay down His life for us:

And as they were eating, Jesus took bread, blessed and broke it, and gave it to the disciples and said, “Take, eat; this is My body.” Then He took the cup, and gave thanks, and gave it to them, saying, “Drink from it, all of you. For this is My blood of the new covenant, which is shed for many for the remission of sins.” (Matt. 26:26–28)

What was our Lord Jesus talking about when He broke the bread and gave it to His disciples, saying, “Take, eat; this is My body”? And what was He referring to when He gave them the cup, saying, “This is My blood of the new covenant, which is shed for many for the remission of sins”? Yes, He was talking about His crucifixion, but He was also instituting the holy Communion, a physical meal.

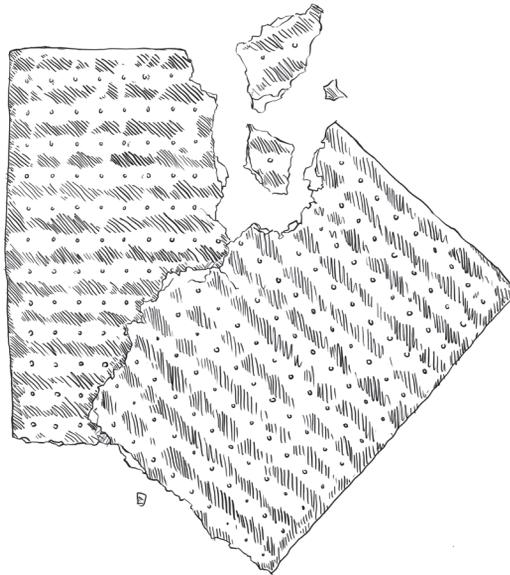
The Communion is God’s ordained way or delivery system for us to receive the unending, holy, youthful, overcoming, and perpetually healthy life Jesus has as we “eat His flesh and drink His blood.” The Bible tells us that the “whole multitude sought to touch Him, for power went out from Him and healed them all” (Luke 6:19). Our Lord Jesus’ body emanated such divine health, power, and life that simply touching even the hem of His garment caused many to be healed (Mark 6:56). Can you imagine the power we are ingesting when we partake of the bread and cup—His broken body and shed blood?

## SEEING JESUS IN THE MATZAH BREAD

The bread our Lord Jesus would have used when He broke bread on the night of the Passover and said, “Take, eat; this is My body which is broken for you” (1 Cor. 11:24) was unleavened Jewish matzah bread. Matzah bread is a flat, cracker-like bread specially prepared for the Passover. I wanted to highlight this because today most of us think of soft, fluffy loaves when we mention bread. But this is not the kind of bread Jesus was talking about.

When our church was smaller, we purchased matzah bread and broke it into pieces for our congregation when we partook of the holy Communion together each week. As we ate the bread, we could hear crunching sounds from the people around us, and I believe we were hearing the scripture in John 6:56 being fulfilled—hearing what it sounds like to *trogo*!

Jewish leaders who didn't even believe in Jesus have passed down through the centuries the instructions for making the matzah bread. If you look at the picture of the matzah bread below, you will notice it is striped, pierced, and burnt.



*The matzah bread is a practical, visual reminder  
of what Jesus suffered for our healing.*

Do you know why the matzah bread is made this way? I believe the Lord ordained it to be striped, pierced, and burnt so that each time you partake of the holy Communion, you are reminded afresh what Jesus went through for you:

- *Striped*—because it is by the stripes He bore when the soldiers scourged Him that we are healed (Isa. 53:5).
- *Pierced*—because His hands and feet were pierced by the nails, His side was pierced by the soldier’s spear (John 19:34), and His brow was pierced by the crown of thorns (John 19:2).
- *Burnt*—because the fire of God’s judgment fell upon Him when He carried our sins (Isa. 53:4).

## HE WAS BEATEN AND CRUSHED FOR YOU

Why did our Lord Jesus choose the bread and wine as the elements He wanted us to partake of “in remembrance” of Him (1 Cor. 11:24–25)?

I believe it is because they are practical and visual reminders of what happened to Him as He went to the cross. Both grain and grapes have to go through a process of being pulverized before you can get bread or wine.

You don’t get wine from just eating grapes. The grapes have to first be trampled upon and completely crushed. They are then left in the dark to ferment. That’s what happened to our Lord Jesus.

It is important we discern the Lord’s body for our health. Each time you partake of His broken body by eating the bread, don’t rush through it. Partake with a revelation of what He did for you, and meditate on the process the bread had to go through. To get bread in Jesus’ time, the wheat stalks first had to be threshed. This could have been done through beating (Judg. 6:11 NASB) or with the use of a threshing sledge (Isa. 41:15). Whatever the process, it was a violent one that involved beating, crushing, and cutting the wheat to separate the grain from

the stalks. But that wasn't all. To get flour, the grain had to be ground in a millstone or beaten in a mortar. After that, water had to be added and the flour was then kneaded and punched into dough before it was baked over fire.

All this is a picture of what happened to our Lord Jesus. To become the Bread of Life for you and me, He was brutally beaten and pounded over and over again. It started in the Garden of Gethsemane, when a

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**EACH TIME YOU  
PARTAKE OF HIS  
BROKEN BODY, DO IT  
WITH A REVELATION  
OF WHAT HE  
DID FOR YOU.**

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great multitude with swords and clubs came to arrest Him (Mark 14:43). He was then bound and brought to the high priest's house, where He was condemned by the high priest and Sanhedrin. They mocked Him, spat on Him, and beat Him. They blindfolded Him and struck Him on His face (Luke 22:63–64; Mark 14:65).

He was then sent to Pontius Pilate, who had Him savagely scourged by Roman soldiers (Matt. 27:26). The movie *The Passion*

*of the Christ* tries to depict the sufferings our Lord Jesus went through. The movie was criticized because people felt the scourging scene was too violent, but the truth is, it didn't even come close. The Bible tells us "His visage was marred more than any man, and His form more than the sons of men" (Isa. 52:14). He was so badly mutilated He did not even look like a man anymore, and I believe the people who were present had to look away and hide their faces because they could not bear to look at His grotesque, quivering form (Isa. 53:3).

But His ordeal did not stop there. A whole garrison of soldiers then gathered around Him and put a scarlet robe on His battered body. They twisted a crown of thorns and rammed it on His head. They put a staff in His right hand, bowed before Him, and mocked Him. They spat on Him and took the staff and struck Him on the head again and again, driving the thorns deeper and deeper into His flesh with each blow. They were bent on completely humiliating Him. When "they were finally tired of

mocking Him,” they stripped Him of the robe and put His own clothes on Him again. Then they led Him away to be crucified (Matt. 27:27–31 NLT).

We can never fully imagine or understand the horrifying torture, degrading humiliation, and excruciating pain our Savior endured for our sakes. But did you know He had the power to stop His ordeal and overcome His tormentors at any point? When the troops came to arrest Him, they said, “We seek Jesus of Nazareth.” The Bible tells us He stepped forward and spoke the awesome name of God that was revealed to Moses—I AM (Ex. 3:14)—and the soldiers drew back and fell to the ground (John 18:5–6). That’s power. But He *chose* to lay down His life and endure all the pain—for your healing and my healing. That’s love!

Our Savior didn’t want you to be saved from just your sins. If that was all He wanted to accomplish, the shedding of His perfect, atoning blood alone would have been enough. In the Old Testament, when the children of Israel brought their sacrificial animals to the priests as atonement for their sins, the animals never suffered. They were killed humanely using a method known today as *shechita* to ensure they died swiftly and painlessly.<sup>7</sup>

But our Lord Jesus didn’t die a quick, painless death. He suffered like no other, going through hour after hour of unimaginable torture before He finally died. Look at this scripture:

[Christ] Himself bore our sins in His own body on the tree, that we, having died to sins, might live for righteousness—by whose stripes you were healed. (1 Peter 2:24)

T. J. McCrossan, a Greek scholar, highlighted that in the original Greek text, 1 Peter 2:24 actually says, “by whose stripe you were healed.” He explained that the word *stripe* was in the singular and not plural form, because Jesus was scourged till there was not even one sliver of skin left on His back. His back was one bloody stripe, one big gaping laceration.<sup>8</sup> According to some accounts, scourging could be so brutal that even the internal organs of the victims could be seen.<sup>9</sup>

My friend, He loves you so much. He went through all that torture because a punishment was required for your well-being and health, and He allowed the punishment to fall upon Himself (Isa. 53:5 AMP). Just by reading this and knowing what He did for you, I believe healing has begun in your body. Whatever disease you might have been diagnosed with, Jesus bore it on His own body so you would not have to suffer it.

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**WHATEVER DISEASE  
YOU MIGHT BE  
DIAGNOSED WITH,  
JESUS BORE IT ON  
HIS OWN BODY SO  
YOU WOULD NOT  
HAVE TO SUFFER IT.**

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He endured it all. The unimaginable pain, the utter degradation. And the Bible tells us why: it was “for the joy that was set before Him” (Heb. 12:2).

The joy? What was the joy set before Him that gave Him such strength to endure the cross?

It was His love for you! It was the joy of seeing you well, of seeing you set free from pancreatic cancer, set free from leukemia, set free from rheumatoid arthritis, set free from Lou Gehrig’s disease. Whatever condition you might have, Jesus has taken it all.

If you are sick right now, and maybe you are reading this from your hospital bed, say this: “Thank You, Lord Jesus, You went through all that *for me.*”

## THE SIMPLE ACT OF EATING CAN REVERSE THE CURSE

Maybe you are thinking to yourself, *How can something as simple as eating the holy Communion lead to my healing? I find that hard to believe!* Let me ask you this: How did sin come into the world? How did death, sickness, disease, and pain come into the world?

It was through the simple act of *eating*.

God never meant for man to grow old and to have sickness. God

never meant for man to die. It was Adam's sin of eating from the Tree of Knowledge of Good and Evil that brought forth death. The Bible tells us that "through one man sin entered the world, and death through sin, and thus death spread to all men, because all sinned" (Rom. 5:12). Adam's one act of eating caused the fall of man and all the curses that accompanied the fall. His one act of eating gave the world a one-way ticket to suffering, depression, disease, and death.

God hated the sin that was destroying man. In His great love for you and me, God sent His own Son. Our Lord Jesus disrobed Himself of His deity and became a man so He could bear all our sins upon His own body. And at the cross, God unleashed His holy judgment not upon you and me, but upon the body of Jesus.

Because of the cross, we can come boldly to God, knowing *all* our sins are forgiven. Because of the cross, we can have full assurance sickness and disease have *no right* to be in our bodies, for our Lord Jesus has already borne every sickness on His body! Our Lord Jesus reversed every curse by His death on another tree. Today we can receive all that Jesus did on the cross by partaking of the holy Communion—through the simple act of eating.

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**SICKNESS AND  
DISEASE HAVE NO  
RIGHT TO BE IN OUR  
BODIES, FOR OUR  
LORD JESUS HAS  
ALREADY BORNE  
EVERY SICKNESS  
ON HIS BODY!**

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## DON'T UNDERESTIMATE THE ACT OF EATING

Unfortunately, it is the very simplicity of the holy Communion that makes it so hard for many people to believe it can be effective. All they can see is a small piece of bread and a little cup of juice. They cannot imagine how something so seemingly insignificant can drive out

disease or cause them to live a long life. After all, it wasn't manufactured after years of meticulous research by scientists in a laboratory filled with cutting-edge technology.

I am not against medicine. If your doctor has prescribed medicines for you, please continue to take them. But even as you take them or undergo treatment, your trust can be in your Lord Jesus to heal you. Partake of the holy Communion together with your medication. Medicines are man-made and come with warnings listing all their possible side effects. But the holy Communion was provided by God Himself, and the only side effects are that you will get younger and stronger each time you partake of it!

## GOD USES WEAK THINGS TO CONFOUND THE MIGHTY

When we dismiss the Communion elements because they appear so insignificant and weak, we are forgetting the way God works. The Bible says, "God has chosen the weak things of the world to put to shame the things which are mighty" (1 Cor. 1:27). Time and again, we see how God defeated the enemies of the children of Israel not through military might but through seemingly insignificant things.

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**EVEN AS YOU  
UNDERGO  
MEDICAL  
TREATMENT,  
TRUST IN YOUR  
LORD JESUS  
TO HEAL YOU.**

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God used a sling and a stone in the hand of a young shepherd boy to bring down Goliath, the mighty champion of the Philistine army (1 Sam. 17:38–51). He used a hammer and a tent peg in the hands of a defenseless woman to destroy Sisera, the ruthless Canaanite military commander who had oppressed the children of Israel for twenty years (Judg. 4:3–22). He used the jawbone of a donkey in the hand of Samson—a single man—to slay a thousand Philistines (Judg. 15:15–16).

In the same way, when you hold the elements of the Communion in your hands, they may appear small and inconsequential. Your flesh may try to tell you, “This is silly. What can this little cracker do?” or “There’s no point getting your hopes up. Nothing can help you.” But don’t listen to those lies. Don’t make the mistake of despising the bread and the cup, because God can use what seems so small to utterly destroy diseases the world has no cure for.

When a Gentile woman came to the Lord Jesus seeking healing for her severely demonized daughter, He referred to healing as “the children’s bread.” Do you know what the woman said to Him? “Yes, Lord, yet even the little dogs eat the crumbs which fall from their masters’ table.” Jesus then said to her, “O woman, great is your faith! Let it be to you as you desire.” And that very hour, her daughter was healed (Matt. 15:22–28).

What do you think the children’s bread that is laid on the “masters’ table” is a shadow of? The holy Communion! You and I sit at the Master’s table because we are sons and daughters of the Most High God, and we partake freely of the Lord’s Supper. If even the “crumbs” that fell from the table could heal the woman’s child, how much more healing and life we shall receive when we have the substance of the holy Communion!

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**GOD CAN USE  
WHAT SEEMS  
SO SMALL TO  
UTTERLY DESTROY  
DISEASES THE  
WORLD HAS  
NO CURE FOR.**

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## SUPERNATURAL RECOVERY FROM STROKE

Since we are talking about how we can eat our way to life and health, I want to share a testimony from Zach, someone in Singapore who exercises almost daily and who in his own words is “careful with his diet”:

One day while I was getting ready for work, I suddenly lost strength in my left leg and arm. I couldn’t put on my trousers

and leaned against the cupboard as I slid to the floor. I shouted for my wife and told her I felt unwell.

I started to pray in the Spirit, calling out to Jesus. My wife also prayed and declared that by Jesus' stripes, I am healed!

About five minutes later, strength came back to both my leg and arm. I could stand up and proceeded to walk to the sofa and sat down. Although the strength in my leg and arm returned, I felt my motor skills had not.

My family took me to the hospital where I underwent some tests. The MRI scan showed I'd suffered a mild stroke. My world sank totally. I found myself questioning, *How can this be? I exercise almost daily and I'm careful with my diet.*

I was admitted to the hospital and above the door of my room hung a cross. I looked to the cross and claimed the finished work of Christ, pronounced my body healthy because of His perfect work, and kept claiming the finished work of Christ.

We also *partook of the holy Communion as a family*, and I anointed myself with oil. I prayed and claimed God's promises in Psalm 23:4–6.

By the next day, I could feel that my strength and motor skills had returned. When the doctor came to examine me in the morning, he confirmed that my strength had returned to around 80 to 85 percent and sent me for physiotherapy. On the third morning, the doctor examined me and informed me I could be discharged as I had regained 95 percent of my strength.

In my follow-up review, I was given the all clear to go back to my regular exercise routine. Soon after that, I competed in an 18K run and finished it in just over two hours.

I thank God for my fast recovery and thank you, Pastor Prince, for your teachings on partaking of the holy Communion and applying the anointing oil for healing, and for your grace messages week in and week out.

I give Jesus all the praise! Amen.

Zach suffered a stroke and had the terrifying experience of suddenly losing strength in half of his body. A stroke can lead to permanent damage in the body, but praise the Lord, Zach recovered very quickly, and I fully believe it was because of the Lord's protection and healing.

But what I want you to see is this: Zach was perplexed that he could suffer a stroke since he exercised almost daily and was careful with his diet. At the end of the day, Zach's dependence could not be on his eating and exercising. He could only look to the cross and depend on the finished work of Christ. And that's our only surety as well! Did you notice how Zach declared that his body was healthy because of Jesus' perfect work (and not because of his disciplined lifestyle)?

If you find yourself facing a medical condition, may I encourage you to do what Zach did? I rejoice with Zach for his quick recovery, but no matter how dire your prognosis continues to be, keep standing on the finished work of Christ. Keep speaking His Word over yourself and keep thanking the Lord for His promises. Read for yourself the promises Zach held on to after he suffered a stroke:

Yea, though I walk through the valley of the shadow of death,  
I will fear no evil;  
For You are with me;  
Your rod and Your staff, they comfort me.  
You prepare a table before me in the presence of my enemies;  
You anoint my head with oil;  
My cup runs over.  
Surely goodness and mercy shall follow me  
All the days of my life. (Ps. 23:4-6)

Know that even if you are walking through a dark valley and the shadow of death looms over you, you do not have to fear, for the Lord is *with you*.

See the Lord preparing a table before you in the presence of your enemies. Notice that the Lord prepares a table before you *in the presence*

(not in the absence) of your enemies. The apostle Paul referred to the holy Communion as “the Lord’s table” (1 Cor. 10:21). That means even when the symptoms are in your body, and even when the pain is there, the Lord wants you to come to His table and eat. Eat of all that our Lord

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**DO NOT FEAR,  
FOR THE LORD  
IS WITH YOU.**

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Jesus has done for you on the cross by partaking of the holy Communion. His body was broken so that yours might be whole.

It is human nature to feast and celebrate only *after* we see that our problems have been solved and our enemies eradicated. But that’s not what God wants you to do. He loves you so much, and right now He says to you, “Rest. Sit down. Eat. For I will fight your battle. I will defeat your enemies!” With each bite when you eat, see yourself getting supernaturally stronger. See the tumor shriveling up. See His health flowing into your body.

Don’t be afraid of your enemies. They might be all around you, but you can eat from the Lord’s Table with joy, knowing that *surely*, goodness and mercy and His unfailing love follow after you all the days of your life! If you look up the Hebrew word for *follow* in Psalm 23:6, you will see that it is *radaph*, and *radaph* means “to chase, hunt, or pursue.”<sup>10</sup> See your Daddy God’s goodness and love chasing you down wherever you go. Even if you have to undergo surgery, chemotherapy, or an organ transplant, He is right there with you. In the operating theater, He is there. In the intensive care unit, He is there. Do not fear—He is with you, and your enemies have *no power* over you!