**Holy Communion in Spirit and in Truth**

**John 4:23-24**

But the hour comes, and now is, when the true worshippers shall worship the Father in spirit and in truth: for the Father seeks such to worship him. God is a Spirit: and they that worship Him must worship Him in spirit and in truth.

**Leviticus 23:7**

In the first day you shall have an holy convocation: you shall do no servile work therein.

**Matthew 12:40**

for as Jonah was three days and three nights in the whale's belly; so shall the Son of man be three days and three nights in the heart of the earth.

**John 19:30-31**

When Jesus therefore had received the vinegar, He said, It is finished: and He bowed His head, and gave up the ghost. The Jews therefore, because it was the preparation, that the bodies should not remain upon the cross on the sabbath day, (for that sabbath day was an high day,) besought Pilate that their legs might be broken, and that they might be taken away.

# 1 Corinthians 11:26-32

**26**For as often as you eat this bread, and drink this cup, you do shew the Lord's death till He come. **27**Wherefore whosoever shall eat this bread, and drink this cup of the Lord, unworthily, shall be guilty of the body and blood of the Lord. **28**But let a man examine himself, and so let him eat of that bread, and drink of that cup. **29**For he that eats and drinks unworthily, eats and drinks damnation to himself, not discerning the Lord's body. **30**For this cause many are weak and sickly among you, and many sleep. **31**For if we would judge ourselves, we should not be judged. **32**But when we are judged, we are chastened of the Lord, that we should not be condemned with the world.

# 1 Corinthians 11:23-25

**23**For I have received of the Lord that which also I delivered to you, that the Lord Jesus the same night in which He was betrayed took bread: **24**And when he had given thanks, he broke it, and said, Take, eat: this is My body, which is broken for you: this do in remembrance of Me. **25**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 often as you drink it, in remembrance of Me.