

HIDDEN TREASURES WITHIN THE LORD'S SUPPER

From Remembrance to Fellowship — From Brokenness to Rising Together

The Lord's Supper is more than simply taking bread and the cup. The teaching presents it as a **biblical picture of Christ, fellowship, unity, spiritual growth, and our participation together as one body**. Its central progression is: **Jewish foundation → middle loaf → Christ → one body → bread → strands → influence → rising → fellowship → unity → victory**.

TEACHING PURPOSE

The goal of this teaching is to help believers see the Lord's Supper from a deeper perspective and make a deliberate decision to strengthen their fellowship with Jesus Christ and with one another.

Key Thought

Jesus was broken to make us whole, and we are called to work together as one body so that we can rise together for His glory.

1. THE LORD'S SUPPER HAS A JEWISH FOUNDATION

Before we can understand the hidden treasures of the Lord's Supper, we need to understand its setting.

Jesus was celebrating Passover with His disciples. The teaching points to the **Haggadah**, the Jewish text used during the Passover Seder, which fulfills the command to tell the next generation about God's deliverance from Egypt.

The Passover included:

- Four cups of wine
- Three loaves of unleavened bread
- The middle loaf being broken
- The middle piece being hidden and later brought back

This provides the setting for understanding Jesus' words when He took bread, broke it, and said:

“This is My body.”

Scripture: 1 Corinthians 11:23–25.

Teaching Point

The Lord's Supper didn't appear in isolation. Jesus took something His disciples already understood and gave it a profound covenant significance centered on Himself.

2. THE MIDDLE LOAF — A PICTURE OF CHRIST

The teaching identifies the **middle loaf** as a picture pointing to Jesus, the Son.

The loaf was:

Broken → Hidden → Brought back

The teaching connects this pattern with:

Christ's sacrifice → His death → His resurrection

Jesus' broken body becomes central to the remembrance established at the Lord's Supper.

Here's the question:

Why would Jesus choose bread as the picture of His body?

Because the bread doesn't only give us a picture of **Christ individually**.

It also gives us a picture of **Christ and His people together**.

3. ONE WITH CHRIST

Jesus prayed something extraordinary in John 17.

He prayed that His followers would be **one**—just as He and the Father are one.

John 17:20–23

The teaching connects this oneness to the Lord's Supper.

We aren't simply remembering something Jesus did in the past.

We are being reminded of our **relationship with Him** and our relationship with **His body**.

Key Thought

The Lord's Supper reminds us that Christianity was never designed to be lived independently.

We belong to Christ.

And because we belong to Christ, we belong to one another.

4. THE WHEAT — MANY BECOMING ONE

Jesus used wheat in Matthew 13:24–30.

The teaching connects the imagery of wheat with the believer's relationship to Christ and the body of Christ.

Think about wheat:

A single grain is small.

But many grains can become:

flour → dough → bread

The individual doesn't cease to matter.

Rather, the individual becomes part of something larger.

Spiritual Application

God has not called us merely to exist beside one another.

He calls us to **work together**.

That leads us to one of the most important illustrations in this teaching.

5. THE STRANDS — WHY UNITY MATTERS

When bread is being made, gluten strands develop within the dough.

These strands help create the structure necessary for the bread to rise. The teaching uses this as a picture of believers working together within the body of Christ.

Picture this:

One strand by itself doesn't make a loaf.

But many strands working together contribute to the structure of the loaf.

That gives us a powerful picture of the Church.

You matter.

I matter.

Every believer matters.

But we were never designed to function as disconnected pieces.

6. WHAT HAPPENS WHEN THE STRANDS ARE CUT?

This is one of the strongest object lessons in the teaching.

If the strands are damaged or disrupted, the bread does not develop in the right way.

The teaching compares this with **division, strife, harsh words, and broken fellowship** among believers.

Paul confronted this very issue in connection with the Lord's Supper.

1 Corinthians 11:17–22

The Corinthians were coming together, but instead of functioning in unity, **divisions existed among them.**

Paul's words are extremely serious:

They were coming together physically, but they were not functioning together spiritually.

That's an important lesson:

You can be in the same room and still not be in fellowship.

You can sit beside someone and still be divided from them.

You can take the bread and cup while harboring attitudes that work against the very unity the bread represents.

7. WORDS CAN CUT THE STRANDS

The teaching brings Proverbs 12:18 into this picture:

“There are those who speak rashly, like the piercing of a sword, but the tongue of the wise brings healing.”

Think about the illustration:

Words can either connect or cut.

Words can:

- Build
- Encourage
- Heal
- Strengthen
- Restore

Or words can:

- Wound
- Divide
- Tear down
- Create strife
- Damage fellowship

Then Proverbs 16:24 gives us the opposite picture:

“Pleasant words are like a honeycomb, sweetness to the soul and health to the body.”

Teaching Question

What are my words doing to the strands around me?

Am I helping the body work smoothly?

Or am I cutting the strands?

8. YEAST — INFLUENCE THAT SPREADS

The teaching makes an important observation about leaven.

Leaven can be used negatively in Scripture, but Jesus also used leaven positively as an illustration of the **Kingdom of Heaven** in Matthew 13:33.

A small amount of leaven can influence a large amount of dough.

That's the question for us:

What kind of influence am I spreading?

One person's attitude can influence a family.

One person's words can influence a church.

One person's faith can encourage another believer.

One person's strife can spread just as easily.

Therefore:

Never underestimate your influence.

What is inside you eventually affects the people around you.

9. RISE!

Now we arrive at the major picture of the teaching:

RISE!

The bread rises as the various elements work together.

The teaching connects this with the believer's spiritual life and our rising together with Christ. Colossians 2:11–13 speaks of being buried with Christ in baptism and raised with Him through faith.

There is also a connection in Ephesians 2:4–6:

God:

made us alive together with Christ

raised us up together

made us sit together

Notice the language:

Together.

The Christian life isn't merely:

“How high can I rise by myself?”

It is:

“How can we rise together as the body of Christ?”

10. KOINONIA — THE HIDDEN TREASURE OF FELLOWSHIP

This may be the central hidden treasure in the teaching.

1 Corinthians 10:16–17 says:

“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?”

The teaching highlights the Greek word **koinonia**, describing **fellowship, joint participation, or sharing**.

And then Paul makes the connection:

“For we, though many, are one bread and one body.”

This changes how we approach Communion.

The Lord's Supper is not merely:

“Jesus died for me.”

It also reminds us:

“I belong to Christ, and I belong to His body.”

11. THE LORD’S SUPPER SHOULD CAUSE US TO EXAMINE OUR FELLOWSHIP

Before taking the Lord's Supper, the teaching encourages us to ask some serious questions.

Ask yourself:

How is my fellowship with Jesus?

How is my fellowship with other believers?

Am I creating unity or division?

Are my words building people up or tearing them down?

Am I strengthening the strands or cutting them?

Am I contributing to the body rising, or am I contributing to its weakness?

These aren't merely questions for Communion Sunday.

They're questions for everyday Christian living.

12. THE HIDDEN TREASURE

The hidden treasure isn't simply found in the bread.

It is found in what the bread **reveals**.

The bread points us to:

CHRIST

↓

His broken body

↓

Our being made whole

↓

Our union with Christ

↓

Our union with one another

↓

Fellowship — KOINONIA

↓

Working smoothly together



Rising together



Bringing glory to God

THE BIG IDEA

WE ARE STRANDS IN THE SAME LOAF.

A strand that is disconnected cannot accomplish what the whole loaf can accomplish.

A believer who isolates himself from the body misses something God designed into fellowship.

And when division, strife, bitterness, and destructive words enter the body, they can interfere with the smooth working together that this teaching illustrates through the bread.

THREE DECISIONS

The teaching ultimately brings us to two major areas of fellowship: **fellowship with Jesus and fellowship with others.**

Three decisions:

1. I WILL DEEPEN MY FELLOWSHIP WITH JESUS.

Jesus was broken so that we could be made whole.

I will remember His sacrifice.

I will draw closer to Him.

I will value my relationship with Him.

2. I WILL STRENGTHEN MY FELLOWSHIP WITH BELIEVERS.

I will not intentionally become a source of division.

I will guard my words.

I will seek reconciliation.

I will encourage.

I will build.

I will work smoothly with the body of Christ.

3. I WILL HELP THE BODY RISE.

I will ask:

“Am I helping the body of Christ rise?”

My words matter.

My attitude matters.

My relationships matter.

My participation matters.

My fellowship matters.

CLOSING OBJECT LESSON

Here is something we can do.

Bring out a loaf of bread.

Ask the those in Christ:

“What do you see?”

They may answer:

“Bread.”

Then say:

“But today we're going to see something more.”

Cut the bread.

Show the inside.

Explain that the loaf contains a network of strands that help give it structure.

Then say:

“Look at the loaf. We are many, but God has called us to function as one body.”

Hold up the bread and say:

“The question isn't simply, ‘Am I connected to Jesus?’ The question is also, ‘Am I working smoothly with His body?’”

Then hold up the bread and declare:

**“Jesus was broken to make us whole—and
He calls us to rise together.”**

FINAL CHALLENGE

Before you take the Lord's Supper, don't simply ask:

“Do I remember Jesus?”

Ask:

“Am I walking in fellowship with Jesus?”

“Am I walking in fellowship with His people?”

“Are my words building or cutting?”

“Am I strengthening the strands?”

“Am I helping the body rise?”

Then make the decision:

“Lord Jesus, I choose to deepen my fellowship with You and with Your people. Help me to work smoothly with the body of Christ, to use my words to bring healing, and to live in a way that helps Your body rise for Your glory.”

HIDDEN TREASURE REVEALED

The Lord's Supper remembers Christ's broken body—but it also reminds us that we are His body, called to fellowship with Him and with one another.

One loaf.

One body.

One fellowship.

One purpose.

Rise together.

NOTE: The teaching sequence specifically moves through **Jewishness → middle loaf → being one with Jesus → wheat → baking → yeast → rising → strands → fellowship/koinonia → cutting the strands → fellowship with believers → a decision to deepen fellowship.**

[Click here.](#) RISE: HIDDEN TREASURES WITHIN THE LORD’S SUPPER (PDF notes)

Hidden Treasures within the Lord's Supper

FROM REMEMBRANCE TO FELLOWSHIP
— FROM BROKENNESS TO RISING TOGETHER

"For we, though many,
are one bread and one body."
1 CORINTHIANS 10:17



THE BIG IDEA

The Lord's Supper is more than bread and the cup. It reveals Christ, our unity with Him, our fellowship with one another, and our calling to rise together for God's glory.

**Jesus was broken to make us whole,
and we are called to work together
as one body so that we can rise together.**

KEY SCRIPTURES

1 Corinthians 11:23-25
John 17:20-23
Matthew 13:24-30
Matthew 13:33
Colossians 2:11-13

1 Corinthians 10:16-17
1 Corinthians 11:17-22
Proverbs 12:18
Proverbs 16:24
Ephesians 2:4-6

*"Search the Scriptures ...
for they are the ones that testify about Me."*
JOHN 5:39

1 A JEWISH FOUNDATION



- The Lord's Supper is rooted in the Passover.
- The Haggadah set the order for the Passover Seder (Exodus 13:8).
- Four cups of wine and three loaves of unleavened bread.
- The middle loaf was broken and hidden.

When Jesus took bread, broke it, and said, "This is My body," He gave new covenant meaning to this act (1 Corinthians 11:23-25).

2 THE MIDDLE LOAF – A PICTURE OF CHRIST



- The middle loaf represents Jesus – the Son.
- Broken, hidden, and brought back.
- Symbolizes His sacrificial death and resurrection.

As believers, we are united with Christ, becoming part of this "loaf" through our faith in Him (John 17:20-23).

3 ONE WITH CHRIST



- Jesus prayed that His followers would be one (John 17:20-23).
- The Lord's Supper reminds us of our relationship with Him and with His body.

**Christianity was never
designed to be lived independently.
We belong to Christ, and because we
belong to Christ, we belong to one another.**

4 THE WHEAT – MANY BECOMING ONE



- Jesus described believers as wheat growing alongside weeds (Matthew 13:24-30).
- Many grains become flour, then dough, then bread.
- The individual matters, but we are called to work together.

God has not called us merely to exist beside one another. He calls us to **work together**.

5 THE PROCESS OF BAKING – SPIRITUAL GROWTH



- Yeast (leaven) can represent sin, but also positive influence and growth (Matthew 13:33).
- Gluten strands must work together to trap gases so the bread can rise.

Believers must work together harmoniously as strands within the body of Christ.

6 STRANDS IN UNITY



- Disunity or conflict prevents the bread from rising.
- Paul rebuked divisions among believers (1 Corinthians 11:17-22).
- Our words can either build or cut the strands.

"There are those who speak rashly, like the piercing of a sword, but the tongue of the wise brings healing." – **Proverbs 12:18**

7 YEAST – INFLUENCE THAT SPREADS



- A small amount of leaven influences the whole batch (Matthew 13:33).
- Our influence affects others – for good or for harm.
- Never underestimate your influence.

What is inside you eventually affects the people around you.

8 RISE!



- As the elements work together, the bread rises.
- We are raised with Christ (Colossians 2:11-13).
- God made us alive, raised us up, and made us sit together (Ephesians 2:4-6).

The Christian life isn't "How high can I rise by myself?" It's "How can we rise together as the body of Christ?"

9 KOINONIA – THE TREASURE OF FELLOWSHIP



- The bread we break is the communion (*koinonia*) of the body of Christ (1 Corinthians 10:16-17).
- We are many, but one bread and one body.
- Fellowship strengthens our unity and enables us to rise above challenges.

10 EXAMINE YOUR FELLOWSHIP



- Before partaking, ask yourself:
- How is my fellowship with Jesus?
 - How is my fellowship with others?
 - Am I creating unity or division?
 - Are my words building or tearing down?
 - Am I strengthening the strands?
 - Am I helping the body rise?

11 THREE DECISIONS

- ☒ I will deepen my fellowship with Jesus.
- ☒ I will strengthen my fellowship with believers.
- ☒ I will help the body rise.

12 THE HIDDEN TREASURE

The bread reveals:
Christ → Our Wholeness → Our Unity →
Fellowship → Working Together →
Rising Together → God's Glory

**One loaf. One body. One fellowship.
One purpose. Rise together.**

JESUS WAS BROKEN TO MAKE US WHOLE — AND HE CALLS US TO RISE TOGETHER.

"So let us pursue the things which make for peace and the things by which one may edify another."

ROMANS 14:19

