

The Humanity of Jesus  
 Selected Scriptures  
 ABC 12/4/22

As I prepare for my teaching time in Tanzania in January, we're looking at Jesus a little differently this year than most Advent seasons. Last week we looked at His deity, how He is 100% God. The question Jesus asked His disciples, **Who do you say that I am?** (Mt 16:15), has reverberated throughout church history. From the days of the NT through the end of the 200s, the question of the humanity of Jesus dominated. In the 300s, the questions centered around the deity of Christ, which we talked about last week. In the 400s, & beyond, questions would arise concerning the union of Christ's 2 natures, divine & human, in His one Person. If you look at the 1<sup>st</sup> 6 early church councils, they dealt mostly with the doctrine of Jesus & the different heresies & false views that arose. Though He'd been dead for centuries, Plato still dominated the philosophical thought of that time. One of his key beliefs is that matter, material substance, is bad. With that view some would conclude that God would never take on flesh. Those who held such a view in the early church were called the Docetists after the Greek word meaning *to appear*. Their heresy held that Jesus *appeared* to be human but wasn't human at all.<sup>1</sup> They found the idea of God having a human body repulsive. Think of it: God with toe-nails overgrown, a nose that needs blowing, & bed-hair. That was too absurd to think of. Therefore, they said Jesus didn't have a body like us but just appeared to have one. Church leaders rightly rallied to denounce this heresy. Think of all you'd have to ignore. No true Child born to Mary. No tired & hungry human being. No suffering Servant. No agonizing death on Calvary. As the author of Hebrews declares Jesus **had to be made like His brethren in all things...** (Heb 2:17). We would be utterly hopeless if Jesus were not fully human. With such strong evidence of Jesus' deity, which we looked at last week, it might seem hard to believe that Jesus is also 100% human. Yet the Bible states this just as clearly. Jesus is fully man. He is **the son of David, the son of Abraham** (Mt 1:1). Paul says that Jesus **was born of a descendant of David according to the flesh** (Rom 1:3), that He was **born of a woman** (Gal 4:4), & that He was **made in the likeness of men** (Phil 2:6-7; Rom 8:3). Every attribute belonging to man belongs to Jesus, except sin (Heb 4:15), for He

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<sup>1</sup> Stephen Nichols, [www.ligonier.org/learn/articles/christology-context](http://www.ligonier.org/learn/articles/christology-context)

is truly man.<sup>2</sup> Jn 1:14 is one of the most wonderful & mysterious verses in the Bible. It says, **the Word became flesh, and dwelt among us**. How can God become human flesh? How can the unchangeable God take on a human body, subject to change? How can the immortal die as the substitute for our sins? How can the man, Jesus, whom John saw, also be the eternal Creator of the universe? As the angel explained to Mary how this happened, **The Holy Spirit will come upon you, & the power of the Most High will overshadow you; & for that reason the holy Child shall be called the Son of God** (Lk 1:35). Through the work of the Holy Spirit in Mary, the human & the divine were united in a way they never will be in any other person. **She was found to be with Child by the Holy Spirit** (Mt 1:18). We'll look at this more next week because it's crucial, but for now, one thing is clear: Jesus was born of a human mother & His ordinary human birth shows His true humanity. Jesus was fully & completely human while remaining fully & completely God. Until that 1<sup>st</sup> Christmas, He'd been, from eternity past, the divine Son & 2<sup>nd</sup> Person of the Godhead. But then came the great change, the blessed addition, & **the Word became flesh** (Jn 1:14). God became man. The Creator Himself came as a creature, the Author entered into His story as a character. Without abandoning any of what it means to be God, He took on all that it means to be human. This spectacular truth is the incarnation, the *in-fleshing* of the divine Son, God Himself taking flesh & blood & all our humanness. Christmas is when He adds humanity to His divinity, & does so that He might rescue us from our rebellion, & lavish us with His love.

**1. Jesus is 100% Human<sup>3</sup> A. Jesus Had a Human Body** Jesus had a human body like ours. He was born as all humans are (Lk 2:7). He grew through childhood to adulthood just as others do. Luke says He **continued to grow & become strong, increasing in wisdom; & the grace of God was upon Him** (2:40). He goes on & says that **Jesus kept increasing in wisdom & stature, & in favor with God & men** (Lk 2:52). In His humanity, Jesus got tired just as we do. We read that **Jesus, being wearied from His journey, was sitting ... by the well** in Samaria (Jn 4:6). He slept, as we saw in Mk 4 (38). He experienced thirst (Jn 19:28). After He fasted for 40 days in the wilderness, we read He **became**

<sup>2</sup> David Larson, [www.desiringgod.org/articles/did-the-incarnation-change-god](http://www.desiringgod.org/articles/did-the-incarnation-change-god)

<sup>3</sup> Adapted from Wayne Grudem, *Systematic Theology*

hungry (Mt 4:2). At the end of His temptation in the wilderness, **angels came & began to minister to Him** (Mt 4:11). When He was on His way to be crucified, the soldiers forced Simon of Cyrene to carry His cross (Lk 23:26) because He didn't have the strength to carry it. The culmination of Jesus' humanity is seen when He died on the cross (Lk 23:46). His human body ceased to have life, just as ours does when we die. But Jesus' humanity didn't end there. He rose from the dead in a physical, human body, though one that was perfect & no longer subject to weakness, disease, or death. He demonstrates repeatedly to His disciples that He has a real physical body. He says, **See My hands & My feet, that it is I Myself; touch Me & see, for a spirit does not have flesh & bones as you see that I have** (Lk 24:39). He's showing & teaching that He has **flesh & bones** & isn't a spirit without a body. Another evidence is that **they gave Him a piece of a broiled fish; & He took it & ate it before them** (Lk 24:42–43). In this same human body Jesus ascended into heaven. The way in which Jesus ascended to heaven was to demonstrate the continuity between His existence in a physical body here on earth & His continuing existence in that body in heaven. Just a few vss after Jesus had told them, **a spirit does not have flesh & bones as you see that I have** (Lk 24:39), we read that Jesus **led them out as far as Bethany, & He lifted up His hands & blessed them. While He was blessing them, He parted from them & was carried up into heaven** (Lk 24:50–51). Acts says, **He was lifted up while they were looking on, & a cloud received Him out of their sight** (Acts 1:9). All of this shows, as far as Jesus' human body is concerned, it was like ours in every way before His resurrection, & after His resurrection it was still a human body but made perfect, the kind of body we'll have when He returns & we're raised from the dead. Jesus continues to exist in that human body in heaven today & will forevermore. Jesus is 100% human in that He had a human body.

**B. Jesus Had a Human Mind** The fact that Jesus **increased in wisdom** (Lk 2:52) says He went through a learning process as all children do. He learned how to eat, talk, read, & write. This learning process was part of His humanity. God doesn't grow in wisdom. He's eternally all-knowing but the child Jesus was not. We also see that Jesus had a human mind like ours when He speaks of the day on which He will return to earth: **of that day or hour no one knows, not even the angels in heaven, nor the Son, but the Father alone** (Mk 13:32). He was never ignorant of anything He ought to have

known or of anything He needed to know. But on such a detail as the date of the end, all that Jesus in His humanity could say was that the Father had set it by His own authority (Acts 1:7).

**C. Jesus Had a Human Soul & Emotions** He had the same emotions we have. Compassion is the emotion most frequently mentioned of Jesus. He was deeply upset by the misery He saw around Him & His distress was often accompanied by tears (Lk 19:41). Jesus felt, and felt deeply. He still sympathizes with His people (Heb 4:15). He knows how we feel because He's been where we are. Just before His crucifixion, Jesus said, **Now My soul has become troubled** (Jn 12:27). John writes a little later, **He became troubled in spirit** (Jn 13:21). Before His crucifixion He said, **My soul is deeply grieved, to the point of death** (Mt 26:38). Jesus had a full range of human emotions. He **marveled** at the faith of the centurion (Mt 8:10). He wept at the death of His friend Lazarus (Jn 11:35). & He prayed with a heart full of emotion (Heb 5:7). Have you ever been betrayed by a close friend? Jesus was. Have you experienced the loss of a good friend? So did Jesus. Have you experienced intense, excruciating pain? Jesus as well. Been slandered & blamed for something you never did? Jesus too. He experienced all the emotions we all experience.

**D. People Saw Him as Only a Man** Even though Jesus had taught throughout Galilee (Mt 4:23–25), when He came to His own town of Nazareth, the people who'd known Him His whole life didn't receive Him. Matthew writes,

**When Jesus had finished these parables, He departed from there. He came to His hometown & began teaching them in their synagogue, so that they were astonished, & said, "Where *did* this man *get* this wisdom & *these* miraculous powers? Is not this the carpenter's son? Is not His mother called Mary, & His brothers, James & Joseph & Simon & Judas? & His sisters, are they not all with us? Where then *did* this man *get* all these things?" & they took offense at Him (13:53–57).**

The people who knew Jesus best, those with whom He'd lived & worked with for 30 years, saw Him as no more than an ordinary man, a good man no doubt, but certainly not God in human flesh. They knew Him. He was **the carpenter's son** (Mt 13:55) & He was **the carpenter** (Mk 6:3). Just an ordinary man from Nazareth. John tells us, **not even His brothers were believing in Him** (Jn 7:5). Was Jesus fully human? He was so fully human that even those who lived & worked with Him for 30 years, even His brothers who grew up with Him, didn't realize He was anything more than a very good human being. He was 100% human.

**2. Jesus is Sinless** Though the NT clearly affirms that Jesus was fully human just as we are, it also assures us that He was different in one vital way: He was without sin. Some say if Jesus didn't sin He wasn't truly human because all humans sin. They fail to realize that humans are currently in an abnormal situation. God didn't create us sinful. Adam & Eve, before they sinned, were still truly human. The sinlessness of Jesus is taught throughout the NT. We see suggestions of this early in His life when He was **increasing in wisdom & the grace of God was upon Him** (Lk 2:40). Satan was unable to tempt Him successfully & get Him to sin (Lk 4:13). We never see any evidence of wrongdoing on Jesus' part. To the Jews who opposed Him, Jesus asked, **Which one of you convicts Me of sin?** (Jn 8:46) & received no answer. In perfect obedience to His Father He said, **I always do or am always doing the things that are pleasing to Him** (Jn 8:29). At the end of His life, Jesus said, **I have kept My Father's commandments & abide in His love** (Jn 15:10). When Jesus was put on trial, Pilate concluded, **I find no guilt in Him** (Jn 18:38). In the book of Acts Jesus is several times called the **Holy** or **Righteous One** (Acts 2:27; 3:14; 4:30; 7:52; 13:35). When Paul speaks of Jesus coming to live as a man he's careful not to say that He took on sinful flesh but that God sent His own Son **in the likeness of sinful flesh & as an offering for sin** (Rom 8:3). He also refers to Jesus as **Him...who knew no sin** (2 Cor 5:21). The author of Hebrews agrees that Jesus was tempted but insists He didn't sin. Jesus is **One who has been tempted in all things as we are, yet without sin** (Heb 4:15). He is a high priest who is **holy, innocent, undefiled, separated from sinners & exalted above the heavens** (Heb 7:26). Peter speaks of Him as **a lamb unblemished & spotless** (1 Pt 1:19). He states Jesus **committed no sin, nor was any deceit found in His mouth** (1 Pt 2:22). When Jesus died, it was **the just for the unjust, so that He might bring us to God** (1 Pt 3:18). & John calls Him **Jesus Christ the righteous** (1 Jn 2:1) & says, **in Him there is no sin** (1 Jn 3:5). The sinlessness of Jesus is clearly taught in all the NT. He was truly man, 100% human, yet without sin. In His temptations Jesus gained an ability to understand & help us in our temptations. **Since He Himself was tempted in that which He has suffered, He is able to come to the aid of those who are tempted** (Heb 2:18). Hebrews goes on to connect Jesus' ability to sympathize with our weaknesses to the fact that He was tempted as we are:

For we do not have a high priest who cannot sympathize with our weaknesses, but One who has been tempted in all things as *we are*, yet without sin. Therefore let us draw near with confidence to the throne of grace, so that we may receive mercy & find grace to help in time of need (Heb 4:15–16).

This has practical application for us, doesn't it? In every situation in which we're struggling with temptation, we should reflect on Jesus & ask if there were similar situations He faced. After reflecting for a moment, we'll be able to think of some instances in His life where He faced temptations that, though they weren't the same in every detail, were similar to the situations we face every day. Jesus is 100% human but without sin.

**3. Jesus Will Be a Man Forever** As mentioned earlier, Jesus didn't give up His humanity after His death & resurrection. When He was talking with His disciples, He was taken up into heaven, still in His resurrected human body, & 2 angels promised He'd return in the same way. Later, Stephen gazed into heaven & saw Jesus as **the Son of Man standing at the right hand of God** (Acts 7:56). In John's vision in Revelation, Jesus still appears as **one like a son of man** (Rev 1:13), though He's filled with great glory & power, & His appearance causes John to fall at His feet in awe (Rev 1:13–17). Jesus promises one day to drink wine again with His disciples in His Father's kingdom (Mt 26:29) & invites us to a great marriage supper in heaven with Him (Rev 19:9). This shows us that Jesus didn't temporarily become man but that His divine nature was permanently united to His human nature. He lives forever not just as the eternal Son of God, the 2<sup>nd</sup> person of the Trinity, but also as Jesus, the Man who was born of Mary, & as Christ, the Messiah & Savior of His people. Jesus will remain fully God & fully man, yet one Person forever.

**4. Why Was Jesus' Full Humanity Necessary?** When John wrote his 1<sup>st</sup> letter, the heretical teaching that Jesus wasn't human but only appeared human was circulating in the church. So serious was this that John would say it was a doctrine of the antichrist: **By this you know the Spirit of God: every spirit that confesses that Jesus Christ has come in the flesh is from God; & every spirit that does not confess Jesus is not from God; this is the *spirit* of the antichrist...** (1 Jn 4:2–3). John knew that to deny Jesus' humanity was to deny something at the very heart of Christianity & no one who denied that Jesus came in the flesh was sent from God. As we look at the NT, we see several reasons why

Jesus had to be fully man if He was going to be the Messiah & purchase our salvation. Here are 7:

**A. For Representative Obedience** Jesus was our representative & obeyed for us where Adam failed & disobeyed. We see this in the parallels between Jesus' temptation (Lk 4:1–13) & the time of testing for Adam & Eve in the garden (Gen 2:15–3:7). It's also reflected in Paul's discussion of the parallels between Adam & Christ, in Adam's disobedience & Christ's obedience. He writes,

**So then as through one transgression there resulted condemnation to all men, even so through one act of righteousness there resulted justification of life to all men. For as through the one man's disobedience the many were made sinners, even so through the obedience of the One the many will be made righteous (Rom 5:18–19).**

This is why Paul called Jesus **the last Adam** (1 Cor 15:45) & Adam the **first man** & Jesus the **second man** (1 Cor 15:47). Jesus had to be fully man in order to be our representative & obey God in our place.

**B. To Be a Substitute Sacrifice** If Jesus hadn't been human He couldn't have died in our place & paid the penalty we deserved. Hebrews tells us that Jesus **does not give help to angels, but He gives help to the descendant of Abraham. Therefore, He had to be made like His brethren in all things, why? so that He might become a merciful & faithful high priest in things pertaining to God, to make propitiation for the sins of the people** (Heb 2:16–17). Jesus had to become a man, not an angel, because God was concerned with saving men, not with saving angels. But to do this He **had to be made like** us in every way so He might be the **propitiation**, the acceptable substitute sacrifice for us. Unless Jesus was fully man, He couldn't have died to pay the penalty for our sins. He couldn't have been the substitute sacrifice for us if He wasn't human.

**C. To Be the One Mediator between God & Man** Because we were alienated from God by our sin, we needed Someone to come between God & us to bring us back to Him. We needed a Mediator who could represent us to God & who could represent God to us. There's only one Person who has ever fulfilled that requirement: **There is one God, & one mediator also between God & men, the man Christ Jesus** (1 Tim 2:5). In order to fulfill this role of Mediator, Jesus had to be fully man as well as fully God.

**D. To Fulfill God's Purpose for Man to Rule Over Creation** God put mankind on the earth to subdue & rule over it as God's representatives. But mankind didn't fulfill that but fell into sin. The author of Hebrews realizes God intended everything to be in subjection to man, but he admits that **now we do not yet see all things subjected to him** (Heb 2:8). When Jesus came as a man, He was able to obey God & thereby have the right to rule over creation *as a man*, thus fulfilling God's original purpose for man. Hebrews recognizes this when it says that now **we do see Him**, Jesus, in the place of authority over the universe, **crowned with glory & honor** (Heb 2:9). Jesus has been given **all authority ... in heaven & on earth** (Mt 28:18), & God has **put all things in subjection under His feet, & gave Him as head over all things to the church** (Eph 1:22). One day we shall reign with Him (Rev 3:21) & experience the fulfillment of God's purpose that we reign over the earth (Lk 19:17, 19; 1 Cor 6:3). Jesus had to be a man in order to fulfill God's original purpose that man rule over His creation.

**E. To Be Our Example** John tells us, **the one who says he abides in Jesus ought himself to walk in the same manner as He walked** (1 Jn 2:6), & reminds us, **when He appears, we will be like Him** (1 Jn 3:2). Paul tells us we're continually being **transformed into the same image** (2 Cor 3:18), thus moving toward the goal for which God saved us, that we might *become conformed to the image of His Son* (Rom 8:29). Peter tells us, in suffering especially, we have to consider His example: **Christ also suffered for you, leaving you an example for you to follow in His steps** (1 Pt 2:21). Throughout our Christian life, we're to run the race set before us **fixing our eyes on Jesus, the author & perfecter of faith** (Heb 12:2). If we become discouraged by the hostility & opposition of sinners, we're to **consider Him who has endured such hostility by sinners against Himself** (Heb 12:3). Jesus is also our example in death. Paul says his goal is to become **conformed to Jesus' death** (Phil 3:10). Our goal should be to be like Jesus at all times in everything. Jesus had to become a man like us to live as an example for us.

**F. To Be the Pattern for Our Redeemed Bodies** Paul tells us that when Jesus rose from the dead, He rose in a new body that was **imperishable... raised in glory... raised in power... raised a spiritual body** (1 Cor 15:42-44). This new resurrection body that Jesus had when He rose from the dead is

the pattern for what our bodies will be like when we're raised from the dead, because He is **the first fruits** (1 Cor 15:23) & shows us what the other fruit from that harvest would be like. We now have a physical body like Adam's, but we will have one like Christ's: **Just as we have borne the image of the earthy, we will also bear the image of the heavenly** (1 Cor 15:49). Jesus had to be raised as a man in order to be **the firstborn from the dead** (Col 1:18), the pattern for the bodies that we will one day have. Finally, Jesus had to be fully human...

**G. To Sympathize as High Priest** The author of Hebrews reminds us that **since He Himself was tempted in that which He has suffered, He is able to come to the aid of those who are tempted** (Heb 2:18; 4:15–16). If Jesus hadn't been fully human, He wouldn't have been able to know by experience what we go through in our temptations & struggles in life. But because He's lived as a man, He's able to sympathize fully with us in our experiences. Jesus was 100% human while remaining 100% God. His humanity was only different from us in that He did not sin, which was necessary for Him to be our substitute, taking the punishment we deserve.

Scripture has no problem affirming both the full deity & full humanity of Jesus, so neither should we. The incarnation has been summarized with these words: *Remaining what He was, He became what He was not*. In other words, while Jesus continued remaining what He was, fully God, He also became what He previously hadn't been, fully human. Jesus didn't give up any of His deity when He became man, but did take on humanity that wasn't His before. This is by far the most amazing miracle of the entire Bible. The fact that the infinite, omnipotent, eternal Son of God would become man & join Himself to a human nature forever so that infinite God became one Person with finite man, that will remain for all eternity the most profound mystery in all the universe. Jesus is fully God. Jesus is also fully man. He is fully both at the same time. Do I understand that? No! Do I believe it? Yes! Why? Because God's Word says so. The eternal Son of God took to Himself a truly human nature. His divine & human natures are forever distinct & retain their own properties even though they're inseparably united together in one Person. In doing this, He joined Himself to a human nature forever. Jesus remained fully God but added to His divine nature the nature of a human being as well. To do this required He surrender some of the prerogatives of His place as a

co-equal member of the Trinity (Phil 2:5-11). He did so without giving up or in any way diminishing His deity. What other god is there who would seek His lost creation with such zeal that He was willing to become one of them in order to redeem His people at the cost of His own life? This is the One born at Christmas. This is the One who died for us. This is the Savior we serve. This unique God/man did for us what could be done in no other way. No one comes to the Father except through Him (Jn 14:6)! Don't fall into the trap of thinking that the doctrines of Jesus' deity & humanity are just theological ideas for us to debate intellectually. No! These are essential truths that will sustain us when we're in the midst of trials & temptations. Jesus stands with us & acts for us. Only as a man could He win our battle. Only as a man could He bear our sins. The Son of God became the Son of Man so that the sons of men could become the sons of God. As I did last week, let me finish with a few of the names of Jesus that relate to His humanity. He is the Seed of the woman (Gen 3:15; Gal 4:4), the Son of David (Lk 18:39), the Son of Man (Mt 8:20), & the Author of Salvation (Heb 2:10). He is the Servant (Is 52:13; Acts 4:27), the Bread of God (Jn 6:33), & the Bread of Life (Jn 6:35; 6:48). Jesus is the Chief Cornerstone (Eph 2:20), the Firstborn (Rom 9:29; Col 1:15; Heb 1:6), & the Firstborn From the Dead (Rev 1:5). He is Faithful & True (Rev 19:11), the Faithful Witness (Rev 1:5), & the Faithful & True Witness (Rev 3:14). Jesus is Immanuel (Is 7:14), our Hope (1 Tim 1:1), the Horn of Salvation (Lk 1:69), our Advocate (1 Jn 2:1), the Wonderful Counselor (Is 9:6), & the Apostle & High Priest of our confession (Heb 3:1). Jesus is the Lawgiver & Judge (Js 4:12; Mt 28:18), the Light of the World (Jn 8:12), The Rejected Stone (Acts 4:11; 1 Pt 2:7), the Righteous Branch (Jer 23:5), the Root & Offspring of David (Rev 5:5; 22:16; Rev 22:16), & the Last Adam (1 Cor 15:45). Jesus Christ is the Stone the builders rejected (Acts 4:11), the Precious Cornerstone (1 Pt 2:6), the True Bread (Jn 6:32), True Light (Jn 1:9), & True Vine (Jn 15:1). As the Chosen One (Lk 9:35; Mt 12:18; 1 Pt 1:20) He is the Good Shepherd (Jn 10:11,14), the Great Shepherd (Heb 13:20), & the Chief Shepherd (1 Pt 5:4). As the Messiah, Anointed One, the Christ (Ps 2:2; Jn 1:41; 4:25; Acts 18:28), He is the Gate (Jn 10:9), our Deliverer (Rom 11:26) & Great High Priest (Heb 2:17; 3:1; 4:14), the Head of the Church (Eph 1:22; 4:15; 5:23). As the Lamb (Rev 13:8), the Lamb of God (Jn 1:29), the Lamb Without Blemish (1 Pt 1:19), He is the Author & Perfecter of our Faith (Heb 12:2),

The Atoning Sacrifice for our Sins (1 Jn 2:2), Our Sacrificed Passover Lamb (1 Cor 5:7), & our Redeemer (Job 19:25-27; Gal 3:13). He is the One Mediator (1 Tim 2:5-6), the Mediator of the New Covenant (Heb 9:15), the Source of Eternal Salvation (Heb 5:9), & the Resurrection & Life (Jn 11:25). He is our Redemption (1 Cor 1:30), Our Righteousness (1 Cor 1:30), & our Savior (Eph 5:23; Titus 1:4; 3:6; 2 Pt 2:20) forever. Let's worship Him as such today & forevermore.

### Communion

Gal 4:4-5 says, **when the fullness of the time came, God sent forth His Son, born of a woman, born under the Law, so that He might redeem those who were under the Law, that we might receive the adoption as sons.** Only humans are born under the law & only a human could redeem other humans born under the same law. Jesus had to be fully human because God established the necessity of the shedding of blood for the remission of sins (Lev 17:11; Heb 9:22). The blood of animals, although acceptable on a temporary basis as a foreshadowing of the blood of the perfect God-Man, was insufficient for the permanent remission of sin because **it is impossible for the blood of bulls & goats to take away sins** (Heb 10:4). Jesus Christ, the perfect Lamb of God, sacrificed His human life & shed His human blood to cover the sins of all who would ever believe in Him. If He were not human, this would have been impossible. Christ's flesh enables Christ's sacrificial death, & Christ's death purchases our salvation. He **died for sins once for all ... that He might bring us to God** (1 Pt 3:18). We remember with gratitude that God became man & died in our place as we partake of communion together.

Matthew tells us that on the night before His crucifixion, **While they were eating, Jesus took *some* bread, and after a blessing, He broke *it* and gave *it* to the disciples, and said, "Take, eat; this is My body"** (Mt 26:26). With thanksgiving & praise, we eat of the bread, representing Jesus' 100% humanity, remembering the sacrifice He made for our forgiveness & salvation, we eat of the bread together.

Matthew continues saying, **when Jesus had taken a cup and given thanks, He gave *it* to them, saying, "Drink from it, all of you; for this is My blood of the covenant, which is poured out for many for forgiveness of sins. But I say to you, I will not drink of this fruit of the vine from now on until that day when I drink it new with you in My Father's kingdom"** (Mt 26:27-29).

With gratitude & worship, we drink of the cup, representing Jesus' very real human blood, remembering the sacrifice He made for our forgiveness & salvation, we drink of the cup together.