



**DHM**  
Divine Healing  
MINISTRIES

# **Healing and Holy Communion**

**By Brother David Jardine**

As a member of the Society of St Francis, I have the privilege of a two-week chaplaincy duty every year for the Anglican Sisters of St Clare. Their religious house is in the beautiful little village of Freeland near Oxford.

My main responsibility is to celebrate Holy Communion every morning, but I also have practical duties in the guest house—preparing the tables for meals, washing the dishes and generally looking after the guests.

Thankfully, there is plenty of time to read and to pray. Last year while at Freeland I went back to reading one of the classics in the ministry of divine healing, the *Healing Light* by Agnes Sanford. Something she said about Holy Communion really grabbed my attention.

She said that in the communion service, and especially in the prayer of consecration, we are welcoming God to breathe the life of Jesus into the elements, into the bread and wine, so that they become for us the spiritual food of the Body and Blood of our Lord Jesus Christ. That is a good moment, she said, when the life of Jesus is being released, to bring particular prayer requests to God, even areas of our own lives that need healing.

Just at that time the guest sister gave me a rather urgent prayer request. She said that she had overbooked the guest house for the following weekend. She did not want to disappoint anyone, so would I pray that the problem would sort itself out in a natural way? I decided to bring

the request to Holy Communion every morning, along with two needs in my own life. After the prayer of consecration we have the custom at Freeland of keeping silence for about half a minute. I took advantage of that opportunity to bring my three requests, just at the moment when we were inviting God to release the life of Jesus into the elements.

I did that every morning, and very quickly found that the results were good. After three or four days the guest sister said to me 'you can forget about that prayer request. The problem has sorted itself out.' And I was beginning to feel God's touch in the two areas of need in my own life. One of those is ongoing, and as I continue to bring it regularly to Holy Communion, healing is taking place at a deeper level.

Those who can still remember the Catechism from the Book of Common Prayer will not be surprised at the relationship between Holy Communion and healing. After defining a sacrament as an outward and visible sign of an inward and spiritual grace the Catechism asks the question, 'Why was the Sacrament of the Lord's Supper ordained?'

**Answer:** For the continual remembrance of the sacrifice of the death of Christ, and of the benefits which we receive thereby.

**Question:** What are the benefits whereof we are partakers thereby?

**Answer:** The strengthening and refreshing of our souls by the Body and Blood of Christ, as our bodies are by the Bread and Wine.

An assurance from the Catechism that strength and refreshment are available not just for our souls but also for our bodies, and I have no doubt for our minds as well, through receiving Holy Communion.

This is a belief firmly held by Emily Gardiner Neal, an American woman used powerfully in the healing ministry. She recommends frequent communions for victims of leukaemia and, indeed, all blood disorders. ‘In my experience’, she says, ‘the reception of Holy Communion in this disease is of supreme importance. There is a close relationship between the Blood of Christ shed for us and that received by us in this sacrament, cleansing, healing and mystically coursing through the veins of the supplicant. No matter how young the leukaemia victim, I urge frequent communions’.

Those who are in need of inner healing can also find great help through Holy Communion. This is one of the recommendations of Canon Jim Glennon from Australia.

*“Plan on going to Holy Communion each week with a special intention. Bring to mind all the matters in the last year for which you need healing. Work through them in prayer, make restitution where necessary, and believe that in receiving the sacrament you are drawing on*

*healing for those hurts. Consciously believe this is what God is doing and affirm it by faith. Next week do the same for the year previous to that, and so on. The further you go back, the less you will remember, but don't be put off by that; God knows every need you have, and in any case, you are believing for the healing of the past whether it is remembered or not”.*

If you are at least 50 or 60 years of age this prayer for inner healing will take more than one year. So I suggest that we begin by dealing with a ten year period each week i.e. since the beginning of the year 2000 A.D., then since the beginning of the 1990, and so on.

When we have covered our whole lives in this more general way we can then go back to dealing with one year each week in a detailed way. To help us with this process may I recommend that we take some time each day to be quiet with God and allow Him to point out what needs healing in the year or period that we are going to bring to Holy Communion. This will require some work on our part, but the healing received will make the effort worthwhile.

**Conclusion**—in his mercy the Lord has given us many channels of healing. These include medical treatment, prayer and the laying-on of hands, anointing with oil, prayer by people in the background, praying for ourselves, healing through our relationship with Jesus, faith to

believe that God is responding, using the authority Jesus has given us, prayer and fasting. I am saying in this article that we must add one more to this list of wonderful channels of God's healing power—the gift of Holy Communion.

So my suggestion is that we make a commitment to go regularly to Holy Communion, once a week or twice if possible. We go each time with a special intention, a need in our own life, or in the life of someone else, or a particular situation that needs God's healing touch. The need in our own life may be physical healing, inner healing, a problem with a temptation, a difficult or broken relationship, or our relationship with God.

\* Whatever the request take time each day to pray about it.

\*Go to Holy Communion with a clear idea of where you want God to touch you.

\*Before you go forward to receive communion bring your specific request before the Lord, and expect Him to touch you.

\*Keep bringing this request regularly until healing has taken place, or as long as help is being received.

\*As well as coming to Holy Communion for healing take advantage of some or all of the other channels of God's

healing power listed above.

\*Use healing received in God's service, for the benefit of other people. John Wimber said that whatever we have received we should give it away to others. The post communion prayer makes this clear - 'Send us out in the power of Your Spirit to live and work to Your praise and glory!'

Every time we celebrate Holy Communion we Proclaim  
Christ's victory over every form of evil

Canon W H Lendrum  
Church of Ireland

Everything that Christ won for us on the Cross is available  
through Holy Communion

Canon Jim Glennon  
Anglican Church of Australia

Jesus said 'I am the bread of life: whoever comes to me  
will never be hungry. Whoever believes in me will never be  
thirsty'.

John 6:35

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