

DOCTRINE FOR THE YOUNG

THE HOLIEST ACT OF WORSHIP

by the Rt. Rev. Louis B. King

In a short time we will be celebrating the Easter Season—the time when we celebrate the Lord’s resurrection. Part of that happy celebration is the Holy Supper, which adults attend, usually on Good Friday. The Holy Supper is the most holy act of worship for by means of it, the Lord tells us, a person is lifted up as to his mind and introduced into a state of heaven. The Holy Supper is called a gateway to heaven, because it introduces the person who takes it into the presence of the Lord and His angels.

It is true that the Holy Supper is for adults. But it is useful for children to understand as much as they can of the meaning of the Holy supper, so that they may look forward to taking part in that most holy act of worship when they become adults. Here is what the Word of the Lord in *The New Jerusalem and its Heavenly Doctrine* has to say about the Holy Supper. “The Holy Supper was instituted (begun) by the Lord, that through it there may be conjunction of the church with heaven, and thus with the Lord; wherefore, it is the holiest act of worship.” (N.J.H.D. 210)

‘He celebrated the Holy Supper for the first time with His disciples.’

Pay attention to the word “conjunction”! “Con” means with, and “junction” means adjoining or coming together. Conjunction means to be joined with, or to come together with. The Lord created each one of us to be happy in heaven, and heaven is a wonderful place where we are joined together with the Lord. So, when the Lord was in the world, just before He left the world, He celebrated the Holy Supper for the first time with His disciples. In so doing He used two things, wine and unleavened bread. The number two represents conjunction. Therefore, the Lord used two elements, unleavened bread and wine, for the most holy act of worship.

Now how is the Lord conjoined with a person and a person with the Lord? By means of the truth out of the Lord’s Word and the goodness of love which the Lord secretly gives to man from within. The wine represents the Lord’s truth taken into the mind from the Word. Without a knowledge of the Lord we cannot even know Him, let alone love Him and be joined with Him in heaven. So we must have truth from the Word. And so the Lord used wine as one of the elements of the Holy Supper.

The other element used was unleavened bread. Yeast or leaven represents what is impure. The leaven or yeast used in ancient times was a natural fermentation growing in sour dough or bread mix. When flour and water were mixed to form the dough or basis for bread, some of the dough was allowed to become old and sour. When a fresh batch of bread was made, some of the soured dough from before was mixed in with the fresh dough to make the bread rise before it was baked. Unleavened bread, however, has no yeast in it. It is very flat and flaky.

The bread which the Lord used for the Holy Supper was unleavened. It had no yeast in it, because yeast or leaven represents what is evil or false. (See AC 2342) The good of love, which is given by the Lord through the soul of man is entirely good, and therefore is represented in the Holy Supper by the unleavened bread.

It is important to understand that, the bread is unleavened, but the wine is the product of fermentation. Wine begins as grape juice. The sugar in the grape juice acts like yeast or leaven and soon the grape juice begins to ferment. There is a churning within the grape juice causing chemical changes. This is called fermentation and is a process in the making of wine, which is very similar to the leavening or the raising of dough because of the presence of yeast. After fermentation is over, the pure and noble wine floats on the top, while the dregs or impurities from the grape juice produce a cloudy substance at the bottom. The wine is taken off and is used in the Holy Supper to represent the Lord's truth in His Word.

The reason that wine is used in the Holy Supper is to represent the kind of truth which the Lord develops in man's mind. When the truth comes from the Word it is Divine. When it enters the mind it is mixed with false ideas we have in our understanding. Fermentation begins to take place in the mind very much like the fermentation that takes place in grape juice when it is becoming wine. The fermentation in the mind is called temptations. Temptation or a churning up of evil and falsity in the mind is absolutely necessary if the truth from the Lord's Word is to conquer and rise to the top, the impurities of selfishness and ignorance sinking to the bottom. Then the noble truth from the Lord's Word in the mind, after temptation, is conjoined with the Lord's good inflowing from within and the man is then lofted up into conjunction with the Lord (See AC 2342).

“The unleavened bread represents good from the Lord.”

So there are two elements, the unleavened bread and wine. The unleavened bread represents good from the Lord in which there is no evil. Wine represents truth from the Lord that has churned up and overcome what is evil and false in the mind so that the truth may rise and be conjoined to good.

Now let's see the way in which the Lord brings His pure or Divine good to a person from within. In order to understand this we must pay attention to how the Holy Supper bread is made.

There are four ingredients that are used in the making of unleavened bread for the Holy Supper: Cold water, flour, salt and olive oil. Why are these special ingredients used?

First of all, cold water is used because it represents truth from the Word obeyed. There can be no good from the Lord inflowing from within unless we first approach the Word and obey its truth. Those who make the Holy Supper bread must know that the water must be ice cold if the bread is to be made properly. Ice water represents truth that is clear and firmly obeyed.

At first truth is cold, like the ice water used in the making of bread. But, as we obey the truth, the Lord's life from within warms it so that we are affected by the truth in such a way that we have what the Writings call an affection of truth. In other words, we begin to love the truth as we obey it, and this love of the truth not only causes it to be warm, but also gives it flavor in our life. This affection of truth is represented by the salt, which is added to the mixture. (See AC 10,300) The affection from the Lord, represented by the salt, enables us to feel delight in the truth that we are trying to obey. This delight comes from the angels with us as we try to obey the truth. Affection is a very important ingredient from that good which the Lord alone gives to us from within, just as salt is an important ingredient in the making of unleavened bread.

“Truth becomes gentle through affection.”

The truth then becomes very gentle. Truth becomes gentle through affection. It is changed into what is called in the Writings, celestial truth, or the truth from good. (See AC 2177) The truth, which has become new in us, through affection, is also called perception, and is represented by the flour. Flour gives body and substance to bread, even as perception gives substance to good.

The final ingredient for the unleavened bread is olive oil, which represents the Lord's own love. If you take some olive oil in a glass and hold it up to the light, you will see how gold in color it is, with a little tinge of green. The gold represents the Lord's love. The tinge of green particularly refers to His Divine love present in His Divine Human or natural degree that He put on and glorified while in the world.

Olive oil is a beautiful symbol of the Lord's love. Its soft, warm color, its healing quality, its ability to burn and give light, its use as a lubricant, all represent the way in which the Lord's love warms and enlightens the lives of men, enabling them to work together in harmony and love. When the Lord's love is added, then everything good that has entered our mind becomes truly good. It becomes the bread of life, and out of these ingredients, then, we have the Holy Supper bread, the unleavened bread that represents everything good that is from the Lord in man.

“That is why the Holy Supper is the most holy act of worship.”

Each time the Holy Supper is celebrated, men and women may draw near to the Lord and kneel down to remember that He came into the world to save us. To do this He put on a body of flesh and blood so that He could draw near to us, to teach us His goodness and His truth, and to give us spiritual food that we might build spiritual bodies and dwell in heaven, near to Him, forever. That is why the Holy Supper is the most holy act of worship, and anyone who is an adult and who feels the need of the Lord's help is worthy to approach and receive the bread of life which cometh down from heaven, and the wine or Divine truth of the new covenant from the Word, enabling one to draw near to the Lord and be conjoined with Him in thought and affection.

**Texts: Matt. 26:20-30; Luke 22:14-23
N.J.H.D. 210**

Recipe for Holy Supper Bread

Sift together 1 cup unbleached flour and ½ teaspoon salt.

Mix in 3 tablespoons olive oil and mix until like coarse meal.

Sprinkle over 2 tablespoons very cold iced water and mix until a ball forms.

Roll out until one quarter to one half inch thick and cut into rounds for the Service.

Bake at 350-375 degrees until light tan on top (about 10+ minutes)