

Study # 12

Becoming Cruciform by Eating His Body, Drinking His Blood

Jesus said to them, “I tell you the truth, unless you eat the flesh of the Son of Man and drink his blood, you have no life in you . . . **For my flesh is real food and my blood is real drink.** Whoever eats my flesh and drinks my blood remains in me, and I in him. Just as the living Father sent me and I live because of the Father, so the one who feeds on me will live because of me. This is the bread that came down from heaven. Your forefathers ate manna and died, but he who feeds on this bread will live forever.” (John 6:53-58)

The Spirit gives life; the flesh counts for nothing. The words I have spoken to you are spirit and they are life. (John 6:63)

And he took bread, gave thanks and broke it, and gave it to them, saying, “This is my body given for you; do this in remembrance of me.”

In the same way, after the supper he took the cup, saying, “This cup is the new covenant in my blood, which is poured out for you.” (Luke 22:19-20)

Just as natural bread and wine are digested and assimilated into our body’s tissues or used for nourishment and energy, the “eating” of Jesus’ body and “drinking” His blood are metaphors for receiving spiritual growth and energy from meditating on and receiving by faith Jesus’ cruciform nature. Moreover, unlike the physical process, our spirits take on the actual characteristics of the food that has been eaten — cruciformity.

Note that it is the Spirit that gives life through the words of Jesus (see John 6:33 above). As we let Jesus speak to us through all the scriptures such as those presented in this thesis, we assimilate the cruciformity of Jesus; His actions and attitudes become our actions and attitudes. As we focus on the Cross and meditate on His glorious nature that shines through His suffering, the Living Christ speaks to us words that work within us to

change us into His cruciform glory. It is the hope of the author that readers will truly eat His body and drink His blood as He speaks through the studies of this thesis.

As we meditate on His broken body, we allow His brokenness to become part of us. Just as His brokenness allowed His life blood to flow forth, our brokenness allows His spirit to flow through us. (See Study # 11 on brokenness.) May we daily take time to eat and drink the cruciformity of Jesus.

Further, our cruciformity can be food for others:

. . . God can never make us into wine if we object to the fingers He chooses to use to crush us. . . we must never try to choose the place of our own martyrdom. If we are ever going to be made into wine, we will have to be crushed—you cannot drink grapes. Grapes become wine only when they have been squeezed.

. . . To be a holy person means that the elements of our natural life experience the very presence of God as they are providentially broken in His service. We have to be placed into God and brought into agreement with Him before we can be broken bread in His hands. Stay right with God and let Him do as He likes, and you will find that He is producing the kind of bread and wine that will benefit His other children.”¹

Broken Bread

Make me broken bread, make me poured out wine.
For I am yours Lord, my life is in the Vine
So as you crush the fruit born of my flesh
Remove all bitterness, make me sweet and fresh
To be poured out upon a hurting world so lost
Make me broken bread no matter what the cost
And as I cry out to You, Your will, not mine,
Make me broken bread, make me poured out wine.²

[BACK TO CONTENTS](#)

[TO STUDY #13](#)

¹Oswald Chambers, *My Utmost for His Highest* (Nashville, TN: Thomas Nelson Pub., 1992), September 30.

²Angela Gill, “Broken Bread”, Copyright 2000-2007, <http://www.journalsoftheheart.com/?p=510>.