



**Website:** [www.toms-lifestyle.org](http://www.toms-lifestyle.org)

**YouTube Page:** The Outgivers Ministries (TOMS)

**Blog:** [www.outgivers.blogspot.com](http://www.outgivers.blogspot.com)

**Facebook page:** [www.facebook.com/aboundinchrist](http://www.facebook.com/aboundinchrist)

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Come Ready to “Discern” and “Partake”  
of the  
“Body” and “Blood” of Jesus Christ.

Have your communing elements with you and ready.

# To “discern” means to...

- Recognize
- Make out
- Distinguish
- Differentiate
- Espy/descry (catch sight of).

# To not discern will mean to...

- Overlook
- Miss

# The Point...

- Is not to miss out on the benefits of both the body and blood of Jesus.
- Is to identify and distinguish the purpose of the body of Jesus from the purpose of the blood of Jesus.

# To “partake” means to...

- Consume
- Eat
- Drink
- Take
- Take part in

# The Body of Jesus Christ

Matthew 13:7, 22 (NIV)

**7** Other seed fell among thorns, which grew up and choked the plants.

**22** The seed falling among the thorns refers to someone who hears the word, but the worries of this life and the deceitfulness of wealth choke the word, making it unfruitful.

John 19:1-2 (NIV)

**1** Then Pilate took Jesus and had him flogged.

**2** The soldiers twisted together a crown of thorns and put it on his head. They clothed him in a purple robe.

# Spiritual Exchange

Place your worries of this life and the deceitfulness of wealth that choke the word, you receive, making both you and the word unfruitful.

Receive the freedom Jesus died for you to have.



# Partake

Today, we partake unto freedom in Christ.

# The Blood of Jesus Christ

Genesis 3:17-19 (NIV)

**17** To Adam he said, “Because you listened to your wife and ate fruit from the tree about which I commanded you, ‘You must not eat from it,’ “Cursed is the ground because of you; through painful toil you will eat food from it all the days of your life.

**18** It will produce thorns and thistles for you, and you will eat the plants of the field.

**19** By the sweat of your brow you will eat your food until you return to the ground, since from it you were taken; for dust you are and to dust you will return.”

Luke 22:44 (NIV)

**44** And being in anguish, he prayed more earnestly, and his sweat was like drops of blood falling to the ground.

# Spiritual Exchange

- We have been redeemed from the curses of stress and all stress related problems.
- We no longer must toil stressfully before we eat.

# Partake

Partake unto freedom from stress.

I am stress free because of the blood of Jesus.

- Call or email using the information below to schedule an appointment to speak with any of the leaders.



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