



One Nation - One Table

Galatians 3:28-29 NLT - There is no longer Jew or Gentile, slave or free, male and female. For you are all one in Christ Jesus. [29] And now that you belong to Christ, you are the true children of Abraham. You are his heirs, and God's promise to Abraham belongs to you.

One Nation, One Table

One Nation, One Table rests on a radical truth: The Lord's Supper unites believers through shared participation in Christ's body and blood, creating one new community through Christ's sacrifice.

When we let go of what divides us, God releases what unites us. At this meal, Christians confess their unity in Christ, and the Table powerfully builds community by illustrating that all believers are one in him. This transcends every human division—ethnicity, social status, and gender dissolve in Christ ([Gal 3:28](#)).

The Lord's Table is more than communion. It is God's invitation to release the old and receive the new.

Today, God calls His people: One Nation. One Table. One Saviour. One Family. There is one thing to know, is that:

- Every nation has borders.
- Every culture has traditions.
- Every family has differences.

But when God prepares His table...

- There are no VIP seats.
- There are no superior races.
- There are no first-class Christians.

There is only one Host: Jesus Christ.

Today the Holy Spirit says, "Before I can fill your hands, you must first empty them." That is the message of:

Let Go. Let God.

The Communion Table is: a table of covenant, a table of grace, a table of reconciliation. a table of healing, a table of identity, a table of supernatural exchange. The Table is fundamentally communal, not individualistic; we sit with the whole church gathered in the heavenlies, many members eating as one body. This requires releasing our divisions, preferences, and self-centeredness.

This is the Table of Divine Exchange, where spiritual and physical life are renewed.

At this table, we exchange:

- **He takes our sin and clothes us with His righteousness:** Isaiah 53:5 "But He was wounded for our transgressions, He was bruised for our iniquities... and by His stripes we are healed." This reminds us that Our sin → His righteousness - Our guilt → His forgiveness - Our condemnation → His justification
- **He takes our fear and gives us His perfect peace:** Philippians 4:6-7 – "Be anxious for nothing... and the peace of God... will guard your hearts and minds through Christ Jesus." I declare at the Lord's Table, I surrender every fear, every anxiety, and every burden. In return, Christ fills me with His perfect peace that guards my heart and mind.
- **He takes our shame and clothes us with His honour:** Romans 10:11 "Whoever believes on Him will not be put to shame." "At the Lord's Table, Christ takes away my shame and clothes me with honour. I am no longer defined by my past but by His righteousness and grace."
- **He takes our weakness and fills us with His strength:** 2 Corinthians 12:9 "My grace is sufficient for you, for My strength is made perfect in weakness." "At the Lord's Table, I lay down my weakness and receive the strength of Christ. His grace is sufficient for me, and His power is made perfect in my weakness."

Let Go of Egypt Before You Eat Canaan

Exodus 12 - Before Israel entered freedom... they first ate together. **The Passover came before the Promised Land.**

- God did not first change their geography.
- He first changed their identity.
- The meal marked the end of slavery.

Likewise today... Communion declares: "I no longer belong to Egypt."

Egypt represents

- fear
- addiction
- bitterness
- generational curses
- guilt
- spiritual bondage

You cannot carry Egypt into Canaan.

Sometimes we pray: "Lord, change my future."

God answers: "Release your past."

Prophetic Declaration: **Today every Egyptian mentality must die.**

One Bread Makes One Body

1 Corinthians 10:17 "Because there is one bread, we who are many are one body."

Paul never said: One language; One culture; One nationality

He said One Bread.

Our unity is not built on similarity - It is built on Christ.

In heaven... People will not be separated by nationality. They will worship together.

Today we practice Heaven.

The Communion Table destroys:

- * tribalism
- * racism
- * favoritism
- * pride
- * division

At this table, Canada, Africa, Asia, Europe, South America, the Caribbean, the Middle East, all become One Family.

Conclusion: The Table Changes Everything

The Apostle Paul closes by reminding us in Galatians 3:28-29 that in Christ there is no longer Jew or Gentile, slave or free, male or female, because we are all one in Christ Jesus. If we belong to Christ, we are Abraham's offspring and heirs according to God's promise.

This is the miracle of the Lord's Table.

- At this Table, Christ does not erase our cultures—He redeems them.
- The Table does not ask where you were born: It asks whether you belong to Christ.

- It does not ask what language you speak: It asks whether your heart has been surrendered.
- It does not ask about your social status: It reminds you that Christ paid the same price for every believer.

Today we come as one redeemed family.

- One Bread.
- One Cup.
- One Covenant.
- One Body.
- One Lord.
- One Hope.
- One Future.

As we approach the Lord's Table today, the Holy Spirit asks only one question:

What are you still holding that Jesus is asking you to surrender?

- Perhaps it is bitterness.
- Perhaps it is pride.
- Perhaps it is fear.
- Perhaps it is guilt.
- Perhaps it is disappointment.
- Perhaps it is prejudice.
- Perhaps it is the pain of yesterday.
- **Today, hear the voice of the Lord: "Let go, and let Me be God."**