

# You and I Are One

by G.W. North

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*Believers are part of Christ's spiritual body and can participate in His sacrifice through communion, which reminds us of His death and demonstrates our unity with Him.*

**Scripture:** 1 Corinthians 10:16

**Topics:** "Unity in Christ", "The Significance of Communion"

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## Description

G.W. North emphasizes the profound truth of unity with Christ, explaining that all believers are part of His spiritual body, as He is the Seed of all seeds chosen by God. He highlights the significance of communion, where partaking in the body and blood of Christ allows believers to remember and exhibit His death, which is central to their faith. North reflects on the paradox of how Christ's death provides the means for spiritual nourishment and unity, underscoring the importance of recognizing that 'You and I are one' in Him. This unity is a demonstration of the triumph and achievement of Christ's sacrifice on the cross.

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## Transcript

Profounder truth than He could then express lay deeper in the cup waiting to be revealed. In Him resided all the seed chosen by God before the world began. Everyone who has been born or shall yet be born of the Spirit is of the life which was in His blood, and already a member of His spiritual body. He is the Seed of all the seed; all are in Him and together with Him comprise His body. 'You are part of Me', He was saying, 'You and I are one'. This is one of the more important reasons why He said, 'do this in remembrance of Me'.

It is by doing these things that we 'show forth the Lord's death', said Paul. He has given us His body to eat and His blood to drink and partaking according to His will, we exhibit His death. What a wonder this is; it is almost a paradox.

And yet how true it is, for except He had died the food and drink would not have been available. He laid down His life for us. We remember the all-important occasion, the great triumph, the demonstration of conquest, the achievement of the impossible. The act of breaking the communion in order that we may enter into it is the most important of all the many important things which Jesus accomplished on the cross.

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Source: <https://sermonindex.net/speakers/gw-north/you-and-i-are-one/>

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