

CELEBRATING COMMUNION IN YOUR HOME OR SMALL GROUP

What is Communion?

Communion is a symbol that helps us remember the significance of Jesus' death and resurrection. Christians from all time zones, languages, and cultures have celebrated Communion ever since Christ shared the meal with His first followers the night before He went to the cross. There is nothing magical about Communion that saves us, only faith in what Christ has done for us.

Why do we practice communion?

... the Lord Jesus on the night when he was betrayed took bread, and when he had given thanks, he broke it, and said, "This is my body, which is for you. Do this in remembrance of me." In the same way also he took the cup, after supper, saying, "This cup is the new covenant in my blood. Do this, as often as you drink it, in remembrance of me."

1 Corinthians 11:23-25

- 1. To follow Jesus:** We practice communion to obey Jesus' command.
- 2. To remember what Jesus did for us:** Breaking bread and sharing a cup are tangible signs to remember the gift of Jesus breaking His body and shedding His blood to save us from our sins.
- 3. To declare our faith in Jesus:** Every time we practice communion, we declare our faith in Christ as Savior and Lord.

Why do we practice communion?

Anyone who has put their faith in Jesus as their Lord and Savior.

How should I practice communion in my group?

The Bible does not give instructions on how often or where to practice communion. You don't need a priest or pastor to share this gift together. Anytime Christians gather is an appropriate time to have communion! Just take time to remember the gift of Jesus' sacrifice, examine yourself, and surrender your heart to Jesus (1 Corinthians 11:28).

Here are some practical steps to Share Communion in your Group:

1. Prepare the bread and cup: You can use any food and drink that you have at home to symbolize Jesus' body and blood.
 - Any bread product (even gluten free)
 - One cup (individual cups for each person is great too!)
2. Prepare your hearts: (1 Corinthians 11:28)
 - Pick someone to read Scripture: 1 Corinthians 11:23-25 or Luke 22:14-20
 - Remind everyone briefly what the symbols represent (the bread and cup represent Christ's body and blood given for you)
 - Take time to pray as individuals or as a group: be honest about your need for Jesus
3. Thank Jesus for His body, broken for you, and for His blood, shed for you so that your sins can be forgiven and you can have abundant and eternal life with Him.
 - Eat and drink, remembering Him.
 - Have someone close in prayer for your group