

Guide to Communion

Preparation

Bread of any kind, wrapped in a napkin, on a plate, or in a basket; A beverage of any kind (often grape juice), in small drinking glasses or cups

Suggestions for Leading Communion

Step 1: Make a simple statement about why you have gathered: to remember Jesus and what He has done for us ... that He died for our sins, and that He died once for everyone. (1 Peter 3:18)

Step 2: Encourage a pause for silent prayer: a time for each participant to thank Jesus for dying for our sins.

Step 3: Share how the Apostle Paul reminds us that we should examine ourselves before we take Communion (1 Corinthians 11:28). Pause and ask God to reveal if there is anything that we should confess to Him or others.

Step 4: Pass the bread. Ask everyone to break off a piece and hold it in their hand. Then read the following words: When Jesus was with His disciples, He picked up the bread and gave thanks for it. Then He broke it into pieces and said, “This is My body, broken for you. Do this to remember Me.” (1 Corinthians 11:24) Father, we thank You for this bread that we are sharing as we remember Jesus.

Step 5: Have everyone take a glass or cup and hold it. Then read the following words: Jesus took the cup and said, “This cup is My blood, My new covenant with you. Each time you drink this cup, remember Me.” (1 Corinthians 11:25) Again, we thank You, Lord, that we may drink this cup together and remember the sacrifice and resurrection of Jesus.

Step 6: Pause and silently thank Jesus for showing us how to remember Him with Communion.

Step 7: As you close your time of Communion, share with one another your thoughts and feelings about what it means to partake in Communion together.

