

COMMUNION GUIDE

Whether you are by yourself, with friends or with your family you can take communion anytime. This month we encourage you to have communion at home with others or via zoom after the gathering.

PREPARE

- Prepare by getting grape juice and bread/crackers for those participating.
- If you have children, we encourage you to include them depending on their age and understanding, adapting as needed.

READ

Matthew 26:26-28 - *While they were eating, Jesus took bread, and when he had given thanks, he broke it and gave it to his disciples, saying, "Take and eat; this is my body." Then he took a cup, and when he had given thanks, he gave it to them, saying, "Drink from it, all of you. This is my blood of the covenant, which is poured out for many for the forgiveness of sins."*

1 Corinthians 11:26-29 - *For whenever you eat this bread and drink this cup, you proclaim the Lord's death until he comes. So then, whoever eats the bread or drinks the cup of the Lord in an unworthy manner will be guilty of sinning against the body and blood of the Lord. Everyone ought to examine themselves before they eat of the bread and drink from the cup. For those who eat and drink without discerning the body of Christ eat and drink judgment on themselves.*

REFLECT and DISCUSS

- Why does it matter that we examine ourselves before we take communion?
- Why can we celebrate communion based on Jesus laying down his life for us (i.e. his broken body and shed blood)?

PRAY

Use this sample prayer or pray in your own words

Lord Jesus, in remembrance of you and what you did for us on the cross, we thank you and worship you. We thank you that because your body was broken, we have been made whole. Today we thank you for healing and restoration in our bodies and ask you for grace in the reconciliation of relationships. We thank you that because your blood was shed, our sin is forgiven. We confess that you are our Saviour, who redeems our life from the pit of despair), sets our feet on the rock and gives us a new song to sing. (ref. Psalm 40). Cleanse us of any guilt and shame. Rescue us from the power of sin and the forces of darkness, that we may live in your freedom, joy, and love through the Holy Spirit

Father, we pray that your will is carried out in the current situation the world is in. We thank you for the victory and hope in your name, Jesus. Amen

TAKE, EAT, AND DRINK in a posture of gratitude, faith, and worship. As you conclude you may take time to worship in song or continue in prayer: for loved ones, our city, our leaders.