



STAY STRONG Communion

Welcome to POA Communion: Home Edition! All across Cenla, our POA church family is joining together to **Stay Strong** through communion. In preparation for communion, spend a few moments in praise and worship giving thanks to God for His goodness!

Strong through Connection:

We are blessed to have regular encounters in the presence of God. We have experienced the closeness and the strength of His touch on many occasions. We always walk away from those times uplifted and empowered by His spirit. While those ongoing encounters are really important, and we need them, Jesus has given us an open invitation to pursue deeper and more intimate moments of communion with Him. In those special moments, He often gives us the blessing of a loving strength exchange: His strength traded for our weakness. In this beautiful time of communion tonight, Jesus is inviting us to make that exchange.

Strong through Communion:

Communion is the act of taking the body and the blood of Jesus that was shed for us. In this experience it isn't simply the hand of Jesus that touches us, or the brush of His presence we feel, but it is the entirety of the overcoming power of His blood and His body that we embrace. We have access to His transforming strength and joy, His limitless resources, and His eternal power when we take His body that was broken and His blood that was shed for us. We don't have to fear the threat of sickness; His broken body paid the price for our freedom from that fear. We don't have to live in worry and anxiety over the uncertainty of our future; His body and His blood are our strength to overcome every challenge of life. As we take communion, we are celebrating His strength to defeat sin and sickness and to make us more than conquerors through Him. We are rejoicing as we exchange our weakness for His strength.

Through Jesus' strength in us, we truly have the ability to stay strong even in difficult times. We can thrive through struggles because we aren't relying on our own strength; we are tapping into His eternal resources. His strength is made perfect in our weakness. He died in strength so we could live in strength! He willingly submitted to weakness so we could stay strong. As we join with Him through His shed blood and broken body, we can each expect to feel His strength.

Strong through His Body and Blood:

To seal our connection to His strength through communion, here are the steps we will follow as a church family tonight. We encourage you to take your time through this process. Make it your own. Let the Lord lead you as you rest in His strength.

Step 1: Take some time to repent before the Lord and ask Him to cleanse you from all impurities and all sinfulness. Allow your heart to break and feel the weight of our deep need for His grace and mercy. This portion can take as long as needed.

Step 2: The wafer represents His broken body. Read this scripture aloud and then take the wafer together.

Mark 14:22 And as they did eat, Jesus took bread, and blessed and brake it, and gave to them, and said, Take, eat: this is my body.

Step 3: The juice represents His blood that was shed. Read this scripture aloud and take the juice together.

Mark 14:23-24 And he took the cup, and when he had given thanks, he gave it to them: and they all drank of it. And he said unto them, This is my blood of the new testament, which is shed for many.

Step 4: Take a few moments and fill your home with praise and worship! If you would like to share in song, there are a few songs listed below that are excellent to use.

(They can be found on YouTube).

[COMMUNION SONG](#) - Jonathan Stockstill and Bethany Worship

[BLOOD MEDLEY](#) - Bill Gaither and Friends

[REMEMBRANCE](#) - Matt Redmon

[THE TABLE](#) - Brooklyn Tab

Close out the evening with a celebration of the strength that we have in Him! Give Him thanks because He paid the price for us to live free and **STAY STRONG!**