

NORTH SUMMIT CHURCH

COMMUNION GUIDE

This guide has been created to assist you in celebrating communion with your Small Group, or at home with your family and friends. In the Bible, Jesus encouraged his followers to participate in communion regularly as a way for them to remember and celebrate his sacrifice on the cross, the truth of his resurrection and his victory over death. Communion is for anyone who has put their faith in Jesus Christ.

WHAT WILL YOU NEED?

- Grape Juice
- Bread or Crackers
- Bible or Bible App

HOW DO I LEAD IN COMMUNION?

Prepare

- Break bread or crackers into small pieces and put them on a plate or in a bowl. Or, you can pass around a loaf of unsliced bread and each person can pull off a small piece.
- Pour small amounts of grape juice into cups.

Distribute

Pass the bread and the juice, or serve it, to everyone participating in communion. As that is happening, ask everyone to take a couple minutes...to look back, look within and look forward and to reflect on how, because of Jesus' sacrifice, we've been freed from the penalty of sin and from the power of sin and how, one day when He returns, we'll be freed from the presence of sin. To thank Him for His sacrifice and His love, His grace and His mercy

Reflect

Communion is a time for followers of Jesus to reflect, remember and celebrate all that Jesus has done for us.

- **Take some time to look back** – at how Jesus died for us on the cross. How his blood was spilled for the forgiveness of our sins and how his body was beaten and pierced so that we can have new life.
- **Take some time to look within** – to reflect on what Jesus is doing in our lives on a daily basis. How he continually fills our lives with love, joy and peace. Reflect on his grace and mercy in our lives.
- **Take some time to look forward** – by considering the ways Jesus is calling us to live as his ambassadors.

HOW DO I LEAD IN COMMUNION? (Continued...)

Read

23 For I received from the Lord what I also passed on to you: The Lord Jesus, on the night he was betrayed, took bread, 24and when he had given thanks, he broke it and said, "This is my body, which is for you; do this in remembrance of me." 25In the same way, after supper he took the cup, saying, "This cup is the new covenant in my blood; do this, whenever you drink it, in remembrance of me." 26For whenever you eat this bread and drink this cup, you proclaim the Lord's death until he comes.

1 CORINTHIANS 11:23–26 NIV

Say

- "Let us eat the bread that reminds us of his body that was given for us."
- "Let us drink the cup that reminds us of his blood, that was shed for the forgiveness of our sins."

Give a moment for silent reflection

Pray (use this prayer or something similar)

Heavenly Father, you are the one and only true God. We praise you because you are awesome and holy. We thank you for the privilege of knowing you and being called your children. We thank you for the opportunity to reflect on our relationship with you that is made possible through Jesus' sacrifice on the cross. Thank you, that because of the cross, we are able to walk in new life, free from the power and penalty of sin. We look forward to the day when Jesus returns and all things are made new. Thank you for your goodness and grace. Help us walk confidently in your love and peace. In the name of Jesus we pray, Amen.