

# How to Lead Communion in Your Home

## WHAT IS COMMUNION?



Communion is a symbolic way to show we belong to Jesus and to remember what He did for us. It's a regular remembrance and celebration of the Lord's sacrificial death. The breaking and eating of bread has to do with Christ's body being broken on the cross. The drinking from the cup has to do with the shedding of Christ's blood whereby we are forgiven. (Matthew 26:26-28; 1 Corinthians 11:23-24)

*"And he took bread, gave thanks and broke it, and gave it to them, saying, 'This is my body given for you; do this in remembrance of me.' In the same way, after the supper he took the cup, saying, 'This cup is the new covenant in my blood, which is poured out for you.'"* (Luke 22:19-20)

Jesus promised to spare us eternal death and cover our sins by His own blood. He broke His body and poured Himself out so that, if we believe, we can have a relationship with Him forever.

Communion is for those who have made the decision to accept Jesus as the forgiver of their sins and the leader of their lives.

**We would like to invite you to take communion in your home—by yourself or with your family! We will break it down for you below. You just have to...prepare, pause, pray, partake, and praise!**

**If you have kids, this is a great time to introduce them to communion and take time to really explain why we do this. At the bottom of this you will find some helpful questions and conversation starters.**

## PREPARE



Get your communion elements and plan ready. There should be some type of bread element and some type of juice element. You probably already have these things in your house! Think about what you are going to say or read during this time (look to the next section for some ideas). Know how you'll pass out the elements.

Prepare the atmosphere. Communion may need a little explanation—don't expect everyone in your home to know what to do. Communion is meant to be a personal, yet shared experience. If it works for you, you may want to sing a song together.

## PAUSE



A big part of communion is remembering and reflecting. Remember the sacrifice and promise that Jesus made. You may want to read a Scripture passage - here are some ideas:

- Psalm 22
- 1 Corinthians 15:1-8
- Isaiah 53
- Galatians 2:16-21
- Mark 15:21-29
- Ephesians 2:1-10
- John 19
- Philippians 2:1-11

Communion should also involve personal reflection. It's a time to examine our relationship with the Lord and with others.

*"So anyone who eats this bread or drinks this cup of the Lord unworthily is guilty of sinning against the body and blood of the Lord. That is why you should examine yourself before eating the bread and drinking the cup. For if you eat the bread or drink the cup without honoring the body of Christ, you are eating and drinking God's judgment upon yourself. That is why many of you are weak and sick and some have even died. But if we would examine ourselves, we would not be judged by God in this way. Yet when we are judged by the Lord, we are being disciplined so that we will not be condemned along with the world." (1 Corinthians 11:27-32)*

## PRAY



Thank God for what He has done and His promises to us with prayers of gratefulness, joy, and hope. It's great to pray individually, but there is something special about praying aloud with the group.

## PARTAKE



Give instructions on what to do and when. Don't leave people guessing. Following the example in Scripture, we eat the bread, followed by the cup. Feel free to offer prayers or praise in between.

## PRAISE



Communion should lead to praise. Jesus has made a way for us to receive forgiveness and life! Often communion is a joyous celebration - a fun reminder of our great God. We don't have communion because of obligation. We have communion as a proclamation of Jesus' promise of salvation!

## COMMUNION WAS JESUS'S IDEA!

- Jesus had this idea when He was having a special dinner with His disciples. The dinner was to remember something called Passover which had happened a long time before Jesus was born. It was a miraculous event where God protected all of the Israelite families who placed the blood of a perfect sacrifice on their doorframes. Every year, the people would celebrate the Passover to remember how God had saved them. That's what Jesus and the disciples were celebrating at the time of the first communion.
- This meal was important for another reason.
- It was the last meal Jesus would have with His disciples. Jesus knew what was about to happen to Him. He was going to go to the cross to die for the sins of the people. But the disciples didn't know that yet. So, Jesus used this last supper to explain what He was about to do for them.

## COMMUNION IS A WAY TO REMEMBER WHAT JESUS DID ON THE CROSS.

- That's why Christians still take communion to this day. It's about being reminded of what Jesus did for us on the cross and it's a time to celebrate how He has saved us. When you do communion, the bread and juice symbolize what Jesus did for us. The bread is a symbol of His body that was broken for us. The juice symbolizes His blood that was spilled to pay for our sins.

## COMMUNION IS FOR ANYONE WHO HAS ASKED JESUS INTO THEIR HEARTS!

- This is important. Communion is for people who have put their trust in Jesus. So, you shouldn't take communion if you haven't asked Jesus to live in your heart.
- Have you asked Jesus into your heart?

# Talk About Communion With Your Kids

