



## COMMUNION GUIDE

This guide has been created to assist you in celebrating communion with your LifeGroup or at home with your family and friends. In the Bible, Jesus commands us to participate in communion regularly as a way for us to remember Him and celebrate what he's done for us in the past, what he does for us in the present, and what he will do in the future.

### WHO CAN PARTICIPATE?

Those who have made a decision by faith to accept and make Jesus their Lord and their Savior can participate. If a person is not yet a Jesus-follower, then communion is not for them. Also, the Bible teaches that if you have unresolved sin in your life, then you need to handle that before participating in communion. (Matthew 5:23-24, 26:17-30; 1 Corinthians 10:16, 11:17-34)

### WHAT WILL YOU NEED?

- COMMUNION ELEMENTS PROVIDED OR...
- GRAPE JUICE
- CUPS
- BREAD OR CRACKERS
- A PLATE OR BOWL
- YOUR BIBLE OR YOUR BIBLE APP

### HOW DO I LEAD IN COMMUNION?

#### Prepare

1. 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.
2. Pour small amounts of grape juice into cups
3. Make sure there are enough pieces of bread and enough cups with grape juice for everyone participating.

#### Share

Look back; Look within; Look forward.

1. Communion is a time for followers of Jesus to reflect, remember and celebrate all that Jesus has done for us.
2. It's a time for us to look back – at how Jesus died for us on the cross. How his blood was offered for the forgiveness of our sins and how his body was beaten and pierced so that we can have new life
3. It's also a time for us to look within – to reflect on what He is doing in our lives on a daily basis and how he is continually filling our lives with His love, His grace and His mercy. It's also a time for us to consider if we are living in a way that reflects our love for Him.
4. Finally, it's a time to look forward – we look forward to the day when he returns.

#### Distribute

1. Pass the bread and the juice, or serve it, to everyone participating in communion.
2. As that is happening, ask everyone to take a couple minutes...
  - to look back, look within and look forward
  - 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.

**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, 24 and when he had given thanks, he broke it and said, "This is my body, which is for you; do this in remembrance of me." 25 In 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." 26 For 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**

1. "Let's eat the bread and drink the juice as we remember Jesus blood that was spilled and his body that was beaten and broken so that we can have forgiveness of sins and new life."
2. Give a moment for silent reflection

**Pray** (this prayer or something similar)

Heavenly Father, you are the one and only true God. We praise you because you are awesome and holy and you are love. We thank you for the privilege of knowing you and being called your children. We thank you for the opportunity to reflect on your relationship with us because of the amazing sacrifice of Jesus. We are so thankful that His blood and His body paid the penalty for our sins, because of that, we are able to walk in new life, free from the penalty and power of sin. God, we look forward to the day when Jesus returns for us and we are finally freed from the presence of sin. We thank you that your grace and mercy always outdo our sin and we can walk in confidence and peace with you. We love you. In the name of Jesus we pray, Amen.