



Communion at Home

What is Communion?

Communion is a time for us to reflect what Jesus did on the cross for us. "...The Lord Jesus, on the night he was betrayed, took bread, 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.' In the same way, he took the cup, saying, 'This cup is the new covenant in my blood; do this, whenever you drink it, in remembrance of me.' 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)

Symbolism of Communion

The bread symbolizes His body that was broken for us. The juice represents His blood that was shed for us on the cross. Communion is an opportunity to reflect on what Jesus did for us. He sacrificed Himself for our sins. It's also a reminder that Jesus didn't stay dead. He rose from the dead and is coming back again.

Preparing for Communion

1 Corinthians 11:28 urges us to examine ourselves before taking communion, so that we are taking communion with a humble heart and not just pretending to be right with God. So, do you need to confess your sins? Recommit your life? Deal with unforgiveness? Reconcile relationships?

When to Observe Communion

There is no instruction for when we should observe communion. In Scripture, Christians observed Communion in homes with small groups of people. Churches today practice various times.

How to Celebrate Communion in your Group

- Gather bread/crackers and juice.. Break the bread or crackers into small portions. Pour juice into small glasses. Distribute the bread and juice to each person.
- Share what Communion represents and to reflect on your relationship with Christ.
- Read 1 Corinthians 11:23–24 (NIV) "...The Lord Jesus, on the night he was betrayed, took bread, 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.' Take the bread.
- Read 1 Corinthians 11:25 (NIV): "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.'" Drink the juice.
- Close in prayer.