



### Communion

(Also called the Lord's Supper or the Eucharist) is an important part of worship that all Christians are taught to do by Jesus, Himself. It causes us to remember our Lord's death on a cross, His resurrection, and to look forward to His glorious return in the future.

### The First Communion

Jesus established and explained Communion for His disciples (and for us) at the Last Supper:

#### **Matthew 26:26-28 ESV**

*Now as they were eating, Jesus took bread, and after blessing it broke it and gave it to the disciples, and said, "Take, eat; this is my body."<sup>27</sup> And he took a cup, and when he had given thanks he gave it to them, saying, "Drink of it, all of you,<sup>28</sup> for this is my blood of the covenant, which is poured out for many for the forgiveness of sins."*

### Preparation for Communion

The Apostle Paul explained the importance of preparing our hearts for the Lord's Supper with God and others. Observing Communion "in a worthy manner" means to remember what Jesus has done for our salvation. Each of us should be honest with the Lord about our sin and our need for forgiveness. If a particular sin or division with another comes to mind, address it and bring before God. Read the following passage then pause to pray before continuing.

#### **1 Corinthians 11:27-28 ESV**

*Whoever, therefore, eats the bread or drinks the cup of the Lord in an unworthy manner will be guilty concerning the body and blood of the Lord.<sup>28</sup> Let a person examine himself, then, and so eat of the bread and drink of the cup.*

## **The Bread**

Jesus' body was slain for the forgiveness of sins, and a piece of bread represents this for His followers. Read the passages below. Allow time for reflection, then pass the bread saying, "This is Christ's body, broken for you."

### **Isaiah 53:5-6 ESV**

*But he was pierced for our transgressions; he was crushed for our iniquities; upon him was the chastisement that brought us peace, and with his wounds we are healed. <sup>6</sup> All we like sheep have gone astray; we have turned—every one—to his own way; and the Lord has laid on him the iniquity of us all.*

### **1 John 1:9 ESV**

*If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.*

## **The Cup**

Jesus' blood is represented by wine or juice to remind us of the forgiveness of sins. Ephesians 1:7 explains this well. Read the passage, pause for reflection, and say "This is Christ's blood spilled for you" as you drink together.

### **Ephesians 1:7 NIV**

*In him we have redemption through his blood, the forgiveness of sins, in accordance with the riches of God's grace...*

## **Christian Communion**

A reminder of what Christ did for us and a celebration of what we receive through His sacrifice. Close in prayer by thanking the Lord for the work on The Cross and for making a way for sinners to fellowship with our Heavenly Father.