



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 commands us to participate in communion regularly as a way for us to remember Him and celebrate what He's done for us.

WHO CAN PARTICIPATE?

Those who have made a decision by faith to accept Jesus as their Lord and 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 wronged someone and not asked them for forgiveness, or if someone has wronged you and you haven't forgiven them, then you need to handle that before participating in communion.

This could be a good time to remind your family about how you were saved, and ask them to give their testimonies about how the Lord saved them. If some family members are not saved, this would be a very good conversation starter about that.

WHAT WILL YOU NEED?

- GRAPE JUICE or WINE (if appropriate)
- CUPS
- BREAD OR CRACKERS
- A PLATE OR BOWL
- YOUR BIBLE OR YOUR BIBLE APP (though scripture will be included here)

SCRIPTURE: MATTHEW 26:26-28

26 While they were eating, Jesus took bread, and when he had given thanks, he broke it and gave it to his disciples, saying, "Take and eat; this is my body." **27** Then he took a cup, and when he had given thanks, he gave it to them, saying, "Drink from it, all of you. **28** This is my blood of the covenant, which is poured out for many for the forgiveness of sins.

Read: Communion is a moment of remembrance that was instituted by Jesus to help us remember a very special day. We do this because Jesus knew our memories aren't the greatest and we need to be reminded of the cross. And so He created the simple picture of the bread and the cup to illustrate His death for us.

Pass a piece of bread or cracker to your family.

Read: When Jesus first introduced communion, it was actually during another very special moment. It was during Passover. Passover was instituted by God to remind His people that He saved them from Pharaoh and took them out of Egypt in a powerful way. Jesus was celebrating Passover with His disciples, and near the end He took the bread and broke it and changed everything. He said, "This bread represents me." What's hard is that His followers didn't know what He was talking about, but you do. He was going to be broken, stabbed, cut, bruised, all for you and me. And He didn't do this out of duty, because scripture says because of the joy set before Him, He went to the cross. He knew all the bad things people were going to do, but He saw you and He thought it was worth it. So as you take this bread, remember the reason Jesus went to the cross is because He looked forward to seeing you.

Eat the bread or cracker.

Prayer: Father, thank You for the picture of the bread. It reminds us that there needed to be a physical death. Someone needed to die to pay the price for our sins. We remember today that that was You and not us. Thank You.

Read: Then scripture says that He took a cup and said, "Drink from this."

Serve cups of juice or wine to each participant.

Read: As the cup was passed, Jesus claimed that this cup stood for a new covenant. This was strange because they had a covenant. All they knew was the sacrificial system, and essentially Jesus was saying, "That's not good enough. I need to go and die for you to be okay." He said His blood would be poured out for the forgiveness of sins. The old covenant couldn't handle your sin problem; only Jesus could. And so we take this cup to remember that you are okay. You're free from sin. The new covenant is that Jesus' blood cleanses you from all the bad things you have done. So as we take this cup, remember that Jesus has washed you clean of all guilt and shame.

Drink the cup.

Prayer: Father, thank You for the new covenant. Thank You for taking our place and removing our sin problem. Thank You for helping us remember the crucifixion day. We love You and it's in Jesus name we pray. Amen.