

DESTINY

WHAT IS COMMUNION?

COMMUNION is a practice that is meant to be observed over and over throughout the life of a Christian. It is a holy time of worship when we corporately come together as one body to remember and celebrate what Christ did for us.

WHY DO WE OBSERVE COMMUNION?

We observe Communion because the Lord told us to.
We are to obey his commands.

1 COR. 11:24 (NIV) *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 observing Communion we are remembering Christ and all that He has done for us in his life, death and resurrection.

1 COR. 11:24 (NIV) *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."*

When observing Communion we take time to examine ourselves.

1 COR. 11:28 (NIV) *A man ought to examine himself before he eats of the bread and drinks of the cup.*

In observing Communion we are proclaiming his death until He comes. It is, then, a statement of faith.

1 COR. 11:26 (NIV) *For whenever you eat this bread and drink this cup, you proclaim the Lord's death until He comes.*

When we observe Communion we show our participation in the body of Christ. His life becomes our life and we become members of each other.

1 COR. 10:16-17 (NIV) *Is not the cup of thanksgiving for which we give thanks a participation in the blood of Christ? And is not the bread we break a participation in the body of Christ? Because there is one loaf, we, who are many, are one body, for we all partake of the one loaf.*

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HOW TO DO COMMUNION AT HOME

Practicing communion together as a family can be a beautiful experience that lays the foundations of the gospel for the whole family, honors Jesus, and encourages and deepens trust in Him.

PREPARATION

First, know that it is common for adults to feel intimidated or unqualified to lead their family in communion, but that is a scheme of the enemy! These feelings are common when we are learning to do something new! The Bible encourages us to practice our faith in all of life.

Second, communion is about remembering and not about getting all the mechanics right. We can do communion 'right' and miss the point! The purpose of communion is to draw us to reflect on and put our trust in what Jesus Christ has done for us. At the center is remembering and remembering builds our faith.

Third, Jesus used wine and unleavened bread, but grape juice (any juice really) and crackers or bread will be perfectly fine. If you desire to use unleavened bread most grocery stores sell Matzah (Matzo) crackers in the kosher section.

PRACTICE

First, communicate with your family what you are doing. Perhaps refer to what they have seen at church and how communion has and can be practiced anywhere. It's best to create a calm, unhurried atmosphere. A good practice may be lighting a candle in the middle of the table to represent the presence of God.

Second, lay out the juice and bread. These are often called the "elements" of communion. Pointing them out, take a moment to read the scriptures. Some good options are: 1 Cor. 11:24-26 and Matt. 26:26-28. Before reading, you could ask those around you what the elements represent and why Christians take communion. This could lead to a great conversation about why we need forgiveness, what sin is, etc.

Third, take the bread. One could read the scripture again concerning the bread and then take the bread together, or one could pray thanking the Lord for becoming a man and a sacrifice for our sins.

Next, take the juice. One could either read the scripture concerning the cup or say another prayer thanking the Lord for His death, resurrection, and the new covenant.

Finally, after taking the elements, each person could take turns naming someone they want to pray for and praying for that person.

NOTE: You may have reservations about taking communion with children who have not 'accepted Jesus as Lord' or 'prayed to receive Christ.' These concerns are valid. The practice of communion is a way for them to become aware of their need for salvation, the significance of Christ's death, and the foundations of our faith. Many throughout history have encouraged taking communion with those in a believer's household who are not yet saved for this reason.

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