

## **Communion Guide – August 30<sup>th</sup> 2020**

***Check out the Scriptures below as you reflect on what Christ has done on the altar of the cross that we might sit at the table of His grace.***

***Below are a few suggestions for participating in communion either on your own, with others present in your family, or over a video/phone call. Feel free to read this guide aloud if you are leading a communion time for others.***

***If you have young children, this [video](#) may help you explain communion to your children.***

- **Read Isaiah 53:5-7, John 1:29 and 1 Peter 1:18-20** and reflect on these passages that remind us of Christ's willing sacrifice for us. Allow these scriptures to become your prayer and desire as you partake in communion.
- Listen to the song at the end of this message, "O Come to the Altar." Take time to pray at the altar of prayer as you lay down your life afresh before God.
- Place the bread and juice on a table to symbolize the table of fellowship that you are invited to. Give thanks for what Christ has done for you as you take the elements.
- Praise Him for the union you enjoy as His bride. Anticipate the Wedding Supper with Him, when you will no longer have to remember and to wait.
- Enjoy the meal. You may want to speak these words to the person with you, for the bread: "the body of Christ, broken for you," for the cup: "the blood of Christ, shed for you."
- After receiving the bread and cup, consider spending some time praying for others. Pray for those who are lonely, pray for frontline workers who are working right now, pray for your neighbors, and family who are at a distance. Lift up the concerns of people around you in intercession.
- Read this benediction as you conclude your time: "May the Lord bless you and keep you; the Lord make His face shine upon you, and be gracious to you; The Lord lift up His countenance upon you, and give you peace." Numbers 6:24-26

There is something unique which we can celebrate together when taking communion in the setting of our home. This meal that Jesus instituted began in a home, among a small group of friends, the first followers of Jesus. It was around a family table that Jesus called his disciples to continue to remember Him through the bread and the cup.

"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" Then He took a cup, and when he had given thanks, he gave it to them, saying, "Drink from it, all of you. This is my blood of the covenant, which is poured out for many for the forgiveness of sins." Mathew 26:26-28 NIV

Jesus taught His followers to actively participate in the remembrance of His broken body, and His shed blood through the bread and cup of communion. As we celebrate communion, we remember also that Jesus death was not the end of the story, but Jesus has risen, and will come again. "For as often as you eat this bread and drink this cup, you proclaim the Lord's death until He comes." 1 Corinthians 11:26

As we have been reminded today, it is by Jesus sacrifice, that we are made right with God. It is by His selfless sacrifice as he bore the crown of suffering, that we are redeemed. By His death and resurrection, we are able to enter into life. Life that makes us free from guilt, and fear, and shame, and death. So we remember with thankful hearts.

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However it looks, whether it is chaotic, noisy, and busy; or quiet and still, God's presence is with us. Participate in God's grace for whatever your setting is. If you can, slow down for a few minutes to pause, and reflect on the goodness of God. Recognize His presence with you and among you, respond in thanks for what He has done. Before partaking in the emblems, here are some suggestions you might consider leading through. You are free to use what is most helpful in your setting and leave what isn't:

**We pray God's richest blessing over you as you participate and lead in this time of communion.**