

Communion Guide:

We are so thankful that you want to provide communion at another time for your group gathering. We would encourage you to make this time prayerful and reflective from start to finish.

Here are a few suggestions for providing communion for your group:

- 1) Let people know ahead of time that you will be partaking in communion in your gathering. Make sure you gather the elements needed for communion. For example, bread, crackers, wafers and juice.
- 2) Take some time to read these passages about the Lord's Supper together: Matthew 26:26-30; Mark 14:22-26; Luke 22:14-23; or 1 Corinthians 11:23-26. Make sure you also read 1st Corinthians 11:29 to point out how this sacrament is a reminder for those who have placed their faith in Jesus. In light of this verse, only those who have placed their faith in Christ as Lord and Savior should partake of the Lord's Supper. (See below for advice on how to navigate this if you have non-believers in your group.)
- 3) Encourage each person to pray and reflect on these passages individually. You can offer the elements for believers to take individually or walk through the passages and take them together.
- 4) End the time in a prayer - whether you lead this or it is a group prayer where everyone prays aloud. Another suggestion would be to offer a time of worship, if possible, after communion is taken to allow you to reflect on the gospel and worship our Lord through song.

If you know that someone in your group is not a believer, let them know ahead of time that communion will be offered in your gathering and the significance it plays in the life of believers in reminding us of what Jesus did on the cross. You can use this as an opportunity to share the gospel with someone! You can also share the gospel as a reminder before you partake in communion, to remind yourselves and those in the group of the gospel. If you are unsure how to do this, see our resource on Sharing Christ on the resource page.