

Communion in your Small Group

Communion with your small group is a wonderful experience. How do you do that during your small group meeting? Just follow the directions below.

The Lord's Supper: Communion with God's family

Jesus never asked his disciples to remember his birth. But he did instruct them to remember his death and resurrection. He gave the church two visible symbols (called "ordinances") as reminders of his death. These two ordinances are baptism and the Lord's Supper. The Lord's Supper is an object lesson that represents a great spiritual truth for believers. That means that communion is only for those who believe in Jesus Christ (Mark 14:22-26). "For anyone who eats and drinks without recognizing the body of the Lord eats and drinks judgment upon himself." (2 Cor. 11:29)

"...The Lord Jesus, on the night he was betrayed, took bread, 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 the same way, after supper he took the cup, saying, 'This cup is the new covenant in my blood; do this, whenever you drink, in remembrance of me.' For whenever you eat this bread and drink this cup, you proclaim the Lord's death until he comes." (1 Corinthians 11:23-26)

Steps in Serving Communion

1. Open by sharing about God's love, forgiveness, grace, mercy, commitment, tenderheartedness, faithfulness, etc., out of your personal journey (connect with the story of your people in the room).
 2. Read the passage: *"...The Lord Jesus, on the night he was betrayed, took bread, 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.'"*
 3. Pray and pass the bread around the circle (could be time for quiet reflection, singing a simple praise song, or listening to a worship tape).
 4. When everyone has been served, remind them that this represents Jesus' broken body on their behalf. Simply state, "Jesus said, 'Do this in remembrance of me.' Let us eat together," and eat the bread as a group.
 5. Then read the rest of the passage: *"...In the same way, after supper he took the cup, saying, 'This cup is the new covenant in my blood; do this, whenever you drink it, in remembrance of me.'"*
 6. Pray and serve the cup, either by passing a small tray, serving them individually, or by having them pick up a cup from the table.
 7. When everyone has been served, remind them that the juice represents Christ's bloodshed for them, then simply state, "Take and drink in remembrance of Him. Let us drink together."
 8. Finish by singing a simple song, listening to a praise song, or having a time of prayer in thanks to God.
- Several Practical Tips in Serving Communion

Several Practical Tips in Serving Communion

1. Prepare the elements simply, sacredly, and yet remember, symbolically.
2. Be sensitive to timing in your meeting.
3. Break up pieces of cracker or soft bread on a small plate or tray. Don't use large servings of bread or grape juice. We ask that you only use grape juice, not wine, so you will not cause a brother or sister to struggle.
4. Have all of the elements prepared beforehand, and just bring them into the room or to the table when you are ready.

Communion verses: Matthew 26:26-29; Mark 14:22-25; Luke 22:14-20; I Corinthians 10:16-21, 11:17-34