



THE HOPE COLLECTIVE

SHARING COMMUNION

The purpose of this guide is to help you lead a time of sharing communion (aka The Lord's Supper) for your family or group.

Communion is an opportunity for followers of Jesus to remember and celebrate Jesus' death on the cross for us. When we eat the bread, we remember the body of Jesus that was given for us. When we drink the cup, we remember the blood of Jesus that is the means and assurance of a restored relationship with God (Matt. 26:26-28). Keeping these things in mind, communion is a time to worship and give thanks for the forgiveness of our sins and the new relationship with God that we have because of Jesus.

Since every follower of Jesus is a member of the priesthood of believers (Exod. 19:6; 1 Pet. 2:5), each one of us is able to lead a time of communion for other followers of Jesus. You don't need to be a pastor or have a title. The only "qualification" you need is having experienced the forgiveness and new life that Jesus has made possible.

More important than who facilitates communion, though, is the attitude in which it is both served and received (1 Cor. 11:27). Those who serve and receive communion are those who have decided to follow Jesus. For that reason, some people may not want to participate in communion and that's okay.

There are many ways to serve communion and the Bible doesn't dictate one particular method. Use the guide below as a starting point, realizing that different groups may share communion in a different way. You may want to share it as part of a meal or at the beginning or end of a discussion time. The important thing to remember is that this is a time of worship and celebration!

What you'll need:

- One large loaf of bread, unsliced
- One plate or basket
- One bottle of grape juice
- One large, nice cup

What to do:

1. Set the loaf of unsliced bread on the platter or basket in the middle of your group. Pour some of the grape juice into the cup and place it in the middle of your group.
2. Begin your time together by reading Ephesians 2:1-10:

As for you, you were dead in your transgressions and sins,² in which you used to live when you followed the ways of this world and of the ruler of the kingdom of the air, the spirit who is now at work in those who are disobedient.³ All of us also lived among them at one time, gratifying the cravings of our flesh and following its desires and thoughts. Like the rest, we were by nature deserving of wrath.⁴ But because of his great love for us, God, who is rich in mercy,⁵ made us alive with Christ even when we were dead in transgressions—it is by grace you have been saved.⁶ And God raised us up with Christ and seated us with him in the heavenly realms in Christ Jesus,⁷ in order that in the coming ages he might show the incomparable riches of his grace, expressed in his kindness to us in Christ Jesus.⁸ For it is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God—⁹ not by works, so that no one can boast.¹⁰ For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.

3. Pass around the bread and ask each group member to tear off a small piece. Remind them that the bread represents the body of Jesus, who left the joys of heaven to become human.

4. Read 1 Corinthians 11:23-24

²³ For I received from the Lord what I also passed on to you: The Lord Jesus, on the night he was betrayed, took bread, ²⁴ 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."

5. Pass around the cup of juice and have everyone dip their bread into the cup. Remind everyone that the cup represents the blood of Jesus that was poured out for us.

6. Read 1 Corinthians 11:25-26

²⁵ 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."²⁶ For whenever you eat this bread and drink this cup, you proclaim the Lord's death until he comes.

7. Conclude your celebration of communion with a prayer of thanks to God or by singing a song that everyone knows.

Remember:

There are many ways to serve communion. Scripture does not give us a certain method or procedure. The important thing to remember is that this is a time of worship and celebration. It's a time of remembrance and reflection. Enjoy it, truly *celebrate* it, and thank God for the chance to remember what Jesus accomplished for us.