

Communion

PURSUING GOD'S PRESENCE - Small Group Resource

Communion is a prescribed ceremony that Jesus instructed us to practice on a regular basis. In the church, we call this an ordinance. Communion is a symbol representing what Christ did for us through His death on the cross. It is strictly for those who have submitted their life to Jesus Christ. This ceremony is a way we remember and celebrate all that Jesus did for us on the cross.

Prior to hosting communion with your small group, explore the idea together with your group. This will give your group members the opportunity to prepare their hearts and/or address any concerns with you ahead of time.

Small Group Dialogue

- What has communion meant to you?
- Have you had a significant encounter with God through communion that you would like to share?
- What does it look like to partake in communion in an honourable way?

How to Lead Communion

Prepare

- Gather the necessary elements ahead of time (juice, bread/crackers, glasses, etc.) and any optional décor you would like to include (Bible, candle, tablecloth, music, etc.).
- Think about how you would like the elements to be distributed to your group members. You can use a tray to pass the elements around, you can serve people the elements from a table, or you can have people take the elements themselves from the table.
- Prepare the elements and the communion space. Ask God to bless the elements and the space in which you are meeting.

Gather together

- When the group is ready, lead them through the communion process. Remind them that they are not obligated to participate (1 Corinthians 11:27-32).

STEP ONE: READ (choose one)

Matthew 26:26-28 *“While they were eating, Jesus took bread, gave thanks and broke it, and gave it to his disciples, saying, ‘Take and eat; this is my body.’ Then he took the cup, gave thanks and offered 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.’”*

OR

1 Corinthians 11:23-26 *“For I received from the Lord what I also passed on to you: 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 it, in remembrance of me.’ For whenever you eat this bread and drink this cup, you proclaim the Lord’s death until he comes.”*

STEP TWO: SAY

“The bread represents Christ’s body, given for us. Let’s take a few moments to reflect and then confess to God any sin that comes to mind.”

STEP THREE: PRAY

[Pray a prayer of thanks for Jesus dying in our place.]

STEP FOUR: SAY

“Let’s eat together.” (Pause until people are finished eating together.)

STEP FIVE: SAY

“The cup represents Christ’s blood shed for us.”

STEP SIX: PRAY

[Pray a prayer of thanks for Jesus shedding His blood giving us forgiveness of sin.]

STEP SEVEN: SAY

“Let’s drink together.” (Pause until people are finished the drink.)

STEP EIGHT: CELEBRATE

“Let’s end our time together with prayers of praise – share a prayer of thanks to the Lord for what He has done for you.”

Additional Leader Resources

- See Matthew 26, Mark 14, Luke 22, John 13, and 1 Corinthians 11
- “Perform the Ordinances” Small Group Foundations Section 1 – TrainedUp
- Hosting a Healing Prayer Event, Small Group Resource
- Prayer & Fasting in Small Groups – Prayer Station Kit