

Taking Communion As A Connection Group

Taking communion, or the Lord's supper as a group is a great way to focus on God's work in loving broken people and restoring life to those in the group. This also models what we see when the early church met in homes and broke bread together (Acts 2:42-47.) If you've never taken communion as a small group before, the idea can seem daunting, but here is a simple form by which your connection group can share this sacrament.

One word of caution, communion is meant for those who are followers of Christ. If you have someone in your group who is not a Christ-follower, or you may not be sure, consider holding off in recommending this to the group. Continue to walk with this person or persons and maybe use communion as a group celebration for them if they pray to receive Christ.

Practical Steps In Serving Communion

1. As you prepare the juice and bread (or crackers), ask for God to use this time to minister to the group through the Holy Spirit. Also, think about the timing in your meeting and where it will fit the best.
2. Have all of the elements prepared beforehand and bring them in when you are ready.
3. In the meeting, start out by sharing a story of where you have seen God's love, forgiveness, grace, mercy or faithfulness in your life or someone in the group. For example, "These past few weeks I've experienced God's mercy in the way he untangled the situation with my son. And I've seen God show mercy to others of us here too, especially to Jean and Roger." Consider writing out what you're going to say.
4. Pass around the bread and then the cups of juice so each person receives one of each.
5. After everyone has both their bread and juice, read 1 Corinthians 11:23-26: "*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.*"
6. Have everyone take their piece of bread. Remind everyone that this represents Jesus' broken body on their behalf. We are remembering His great sacrifice on the cross for the sins of the world. During this time, we are to silently, in our heart and mind confess sins in our life in order to allow ourselves to be in perfect communion with God. Allow a little quiet time and then break the time by saying, "Jesus said, 'Do this in remembrance of me.' Let us eat together," and eat the bread as a group.
7. Next, ask everyone to take their cup. Remind them that the juice represents Jesus' blood shed for them. Simply state, "The cup of the new covenant is Jesus Christ's blood shed for you. Jesus said, 'Do this in remembrance of me.' Let us drink together."
8. Close out the communion time with a brief prayer of thanks to God for His Son and His work in our life today.