

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 as reminders of His death. These two symbols are: Baptism and The Lord's Supper. The Lord's Supper is an object lesson that represents a great spiritual truth for believers.

I. WHAT IS THE LORD'S SUPPER? (1 COR. 11:23-26)

Communion is not an obligation, but a celebration.

a. IT IS A SIMPLE ACT

"The Lord Jesus, on the night He was betrayed, took bread..." (vs. 23)

b. IT IS A REMINDER

"...and when He had given thanks, He broke it and said, 'This is my body, which is for you; eat it in remembrance of me.'" (vs. 24)

c. IT IS A SYMBOL

"In the same way, He took the cup, saying, 'This cup is the new covenant in my blood; do this, whenever you drink it, in remembrance of me.'" (vs. 25)

d. IT IS A STATEMENT OF FAITH

"For whenever you eat this bread and drink this cup, you proclaim the Lord's death until He comes." (vs. 26)

II. WHO SHOULD TAKE THE LORD'S SUPPER?

God warns us about taking communion without considering what it means and why we're doing it. The intent is not for us to mindlessly perform a ritual, but to intentionally set aside time to remember what Jesus has done and why He did it (1 Corinthians 11:27-31).

Only those who are already BELIEVERS (Mark 14:22-26)

"For those who eat and drink without discerning the body of Christ eat and drink judgment on themselves." 2 Cor. 11:29

III. HOW DO I PREPARE MYSELF FOR THE LORD'S SUPPER?

"So then, whoever eats the bread or drinks the cup of the Lord in an unworthy manner will be guilty of sinning against the body and blood of the Lord. Everyone ought to examine themselves before they eat of the bread and drink from the cup." 1 Cor. 11:27-28

By...

a. Self-Examination 1 Cor. 11:27

b. Confessing My Sins 1 John 1:9

c. Recommitment Rom. 12:1

d. Restoring Relationships Matt. 5:23-24

IV. WHEN AND HOW OFTEN SHOULD WE OBSERVE THE LORD'S SUPPER?

"For whenever you eat this bread and drink this cup, you proclaim the Lord's death until He comes." 1 Cor. 11:26

No frequency is given, but it is a permanent feast. It is more than a remembrance for our own sakes; it is also a proclamation for the world's sake. It is a testimony to the world that we are not ashamed of our Lord or of His blood and we belong and are obedient to Him.

V. SERVING THE LORD'S SUPPER

"...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

VI. Steps in Serving Communion

- a. 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).
- b. 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.'"
- c. 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).
- d. 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.*
- e. 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.'"
- f. 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.
- g. When everyone has been served, remind them that the juice represents Christ's blood shed for them, then simply state, *Take and drink in remembrance of Him.*
- h. Finish by singing a simple song, listening to a praise song, or having a time of prayer in thanks to God.

VII. Practical Tips in Serving Communion

- a. Prepare the elements simply, sacredly, and yet remember, symbolically.
- b. Break up pieces of cracker, chips or soft bread, don't use large servings.
- c. Use juice, milk, water, soda or another type of non-alcoholic beverage.
- d. Have all the elements prepared beforehand, and just bring them into the room or to the table when you are ready.

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