

# Communion



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I'm curious about Communion. Great! You have the right piece of paper in your hands. We have taken the time to put this together so you can understand what God thinks about Communion. You'll also have a chance to dig into the Bible for yourself!

## What is Communion?

Communion, or the Lord's Supper, is an act of worship that has been practiced by Christians for nearly 2,000 years. We take Communion to remember Jesus' sacrifice for us and to symbolize the new covenant. The elements of bread and wine or juice are symbols of Christ's broken body and shed blood. Communion is not a means of salvation. Rather, it is a testament of a believer's faith in the atoning work of the cross.

## Where Did Communion Come From?

Jesus. On the last night of his life, Jesus shared a meal with his disciples and the following happened:

"As they were eating, Jesus took some bread and blessed it. Then he broke it in pieces and gave it to the disciples, saying, 'Take this and eat it, for this is my body.' And he took a cup of wine and gave thanks to God for it. He gave it to them and said, 'Each of you drink from it, for this is my blood, which confirms the covenant between God and his people. It is poured out as a sacrifice to forgive the sins of many.'" (Matthew 26:26-28)

## Who Is Communion For?

Communion is a Christian's act of worship, and holds no meaning for an unbeliever.

## When Do We Take Communion?

Since many unbelievers come to our weekend services, we typically take communion a few times a year on the weekends.

## How Can I Get Ready for Communion?

Paul writes, "So anyone who eats this bread or drinks this cup of the Lord unworthily is guilty of sinning against the body and blood of the Lord. That is why **you should examine yourself** before eating the bread and drinking the cup. For if you eat the bread or drink the cup without honoring the body of Christ, you are eating and drinking God's judgment upon yourself." (1 Corinthians 11:27-29)

Examine means to inspect, test, or investigate. Communion isn't just a "thing to do," it's an opportunity to seriously reflect on the condition of our heart. This normally leads to confession of our sins and thankfulness of God's gifts.

## Going Deeper

Read and reflect on Matthew 26:17-30; Mark 14:22-26; Luke 22:19-20; 1 Corinthians 11:23-29