



COMMUNION

Communion is a gift Jesus told us to practice often, a holy, sacred moment to remember His life, love, and provision. Though symbolic, His presence is real and powerful. On the night before He died, Jesus shared a special meal with His friends, taking bread and saying, "This is my body, given for you; eat this to remember me," and taking the cup, saying, "This is my blood, poured out for the forgiveness of sins; drink this to remember me" (Matthew 26:26-28; Mark 14:22-24; Luke 22:19-20). The Apostle Paul later explained that in taking the bread and cup, we share in the blessing of His life and death, proclaim His sacrifice, and unite as His body until He returns (1 Corinthians 10:16-17; 11:23-26).

The heart of communion is a pause, a simple, joyful act of remembering Jesus, celebrating His provision, and experiencing the hope of His coming kingdom.

In Scripture, communion was also called the love feast, a joyful celebration of God's goodness. It's not just something we "take," but a moment of gathering, fellowship, and remembrance. We approach it with gratitude and joy, trusting that Jesus is truly present with us now.

Here are a few simple steps to guide you through communion.

1 Prepare your FAVORITE meal.

Seriously, if you can, go BIG and make a feast!
(A simple meal is fine too).

Then, gather your family, put your phones away, and let everyone know that this meal is special.

2 Explain communion.

You can read the above explanation, or just explain it in your own words.

Posture with gratitude.

3

Go around the table and share one thing you're truly grateful to Jesus for. Dads, lead the way, set the tone. Speak specifically to each family member, naming where you see God at work in their lives and expressing your gratitude for them.

4

Thank God in prayer.

You, a family member, or everyone who wants, can pray and thank God for the things you have talked about.

5

Clear the air.

Because communion unites us with God and with one another, Scripture calls us to pause and examine our hearts, removing anything that might get in the way of this holy moment, before coming to the table. If there is offense, hurt, or unresolved tension, we are invited to bring it into the light and seek reconciliation. This isn't about shame or perfection, but about clearing the way so nothing blocks fellowship with God or each other.

Men, lead with humility and grace. Keep this moment gentle and appropriate, assuring everyone that what's shared is met with care, not anger. Acknowledge the courage it takes to speak, trusting that reconciliation brings healing and prepares our hearts to receive this gift with gratitude and joy.

6

Pray for each other.

Take a minute to pray for each other, thank God for His forgiveness, His Grace, and His faithfulness to heal & restore.

7

The Bread

Now it's time to eat the bread. (Any bread / crackers will do!)

Read Mark 14:22.

Pray: "Jesus, thank you for the bread, your body given, broken, and offered for us on the cross".

8

The Cup

Now it's time drink the cup. (juice or wine).

Read Mark 14:23-26.

Pray: "Jesus, thank You for the bread, Your body given, broken, and offered for us on the cross."

9

Time to eat!

Now it's time to feast! Enjoy the time with your family, listen well, ask thoughtful questions, and keep noticing how God shows up in your conversations.