

COMMUNION

Readings
& Scripture



Communion is a sacred time for us as followers of Jesus. As you prepare to participate in this meal, take time to spend some reflective moments in preparation. To assist you in that, we encourage you to listen to these reflections and Scriptures as you travel to the table of Communion, and prepare to remember and receive from Christ.

The term “Communion” reminds us that through this meal we are in relationship, not only with God—Father, Son, and Holy Spirit—but also with our fellow followers of Christ. And not only the fellow Christians with whom we commune at our individual churches, but Christians of all times and places.

SCRIPTURE

Matthew 26:26-29 (ESV)

Now as they were eating, Jesus took bread, and after blessing it broke it and gave it to the disciples, and said, “Take, eat; this is my body.” And he took a cup, and when he had given thanks he gave it to them, saying, “Drink of it, all of you, for this is my blood of the covenant, which is poured out for many for the forgiveness of sins. I tell you I will not drink again of this fruit of the vine until that day when I drink it new with you in my Father’s kingdom.”

Luke 22:17-20 (ESV)

And he took a cup, and when he had given thanks he said, “Take this, and divide it among yourselves. For I tell you that from now on I will not drink of the fruit of the vine until the kingdom of God comes.” And he took bread, and when he had given thanks, he broke it and gave it to them, saying, “This is my body, which is given for you. Do this in remembrance of me.” And likewise the cup after they had eaten, saying, “This cup that is poured out for you is the new covenant in my blood.”

John 6:26-27, 35 (ESV)

Jesus answered them, "Do not labor for the food that perishes, but for the food that endures to eternal life, which the Son of Man will give to you. For on him God the Father has set his seal.".... I am the bread of life; whoever comes to me shall not hunger, and whoever believes in me shall never thirst."

John 6:47-51 (ESV)

"Truly, truly, I say to you, whoever believes has eternal life. I am the bread of life. Your fathers ate the manna in the wilderness, and they died. This is the bread that comes down from heaven, so that one may eat of it and not die. I am the living bread that came down from heaven. If anyone eats of this bread, he will live forever. And the bread that I will give for the life of the world is my flesh."

1 Corinthians 10:16-17 (ESV)

The cup of blessing that we bless, is it not a participation in the blood of Christ? The bread that we break, is it not a participation in the body of Christ? Because there is one bread, we who are many are one body, for we all partake of the one bread.

1 Corinthians 11:23-26 (The Message)

"The Master, Jesus, on the night of his betrayal, took bread. Having given thanks, he broke it and said, This is my body, broken for you. Do this to remember me. After supper, he did the same thing with the cup: This cup is my blood, my new covenant with you. Each time you drink this cup, remember me. What you must solemnly realize is that every time you eat this bread and every time you drink this cup, you reenact in your words and actions the death of the Master. You will be drawn back to this meal again and again until the Master returns. You must never let familiarity breed contempt."

ENCOURAGEMENT

The great British preacher John Stott once forcefully stated, . . . “If the cross is not central in our thinking, it is safe to say that our faith, whatever it be, is not the Christian faith, and our creed, whatever it be, is not the Apostles’ Creed.”

The Lord’s Supper reminds us to keep the cross of Jesus Christ central. So in response to God’s Word, we come with love for others, with remembrance of the Lord, and with examination of ourselves.

PRAYER

Lord Jesus, I bow before you in humility and ask You to examine my heart today. Show me anything that is not pleasing to You. Reveal any secret pride, any unconfessed sin, any rebellion or unforgiveness that may be hindering my relationship with You. I know that I am Your beloved child, having received You into my heart and life and having accepted Your death as penalty for my sinfulness. The price You paid covered me for all time, and my desire is to live for You.

As I take the bread representing Your life that was broken for me, I remember and celebrate Your faithfulness to me and to all who will receive You. I can’t begin to fathom the agonizing suffering of Your crucifixion. Yet You took that pain for me and died for me. Thank You, Jesus. Thank You for Your extravagant love and unmerited favor. I receive this bread in remembrance of You.

And in the same way, as I take the cup representing Your blood poured out from a splintered cross, I realize that You were the supreme sacrifice for all my sin: past, present, and future. Because of Your blood shed for me, and Your body broken for me, I can be free from the power and penalty of sin. Thank You for Your victory over death. Today I remember and celebrate the precious gift of life You gave me through the blood that You spilled.

Fill me today with Your powerful Spirit. After receiving Communion, help me to share the love, grace, truth & hope of Christ faithfully . . . in the way I live. . . . and in the words I speak as You give opportunity. In Your Precious name, Amen.