



*"And he took bread, gave thanks and broke it, and gave it to them, saying, 'This is my body given for you; do this in remembrance of me.' In the same way, after the supper he took the cup, saying, 'This cup is the new covenant in my blood, which is poured out for you'"*

— **Luke 22:19-20**

## **What is Communion?**

What Christians commonly call "communion" is an ordinance started by Jesus during the 'Last Supper' with His disciples. Communion is an outward expression of an inward reality. It's a way for believers to outwardly show their love for and relationship with Christ, to remember the sacrifice that Jesus made for them on the cross, and to look forward to the time when He will return to usher in His Kingdom. It's not about the bread and juice; it's about the body and blood of Jesus. It's not about the ritual or the method; it's about listening to Jesus and doing what He says. Communion is not an obligation, but a celebration. Communion celebrates the Gospel: Jesus was broken for us so that we can be fixed by Him.

## **Prepare for Communion:**

*"Let a person examine himself, then, and so eat of the bread and drink of the cup." —1 Corinthians 11:28*

This week we encourage you to take time to repent: to consider your sin, to seek forgiveness, and to live in the new life that Christ has called you into.

And then next Sunday, we will come together to celebrate the beauty of repentance as we remember Christ's sacrifice for us.