



## ALL NATIONS COMMUNITY CHURCH At-Home Communion Instructions

### How to Take Communion Online

**1. Prepare the Bread**

Prepare a loaf of bread or crackers of your choice. If you choose crackers, then you may want to break them into small bite-size pieces ahead of time.

**2. Prepare the Drink**

Prepare red wine (adults only) or a dark colored juice, such as grape or cranberry juice. Pour a small quantity into cups or containers for individual servings.

**3. Be Ready at Home with Your Elements**

Have the bread and drink ready to serve before the service begins. During the service, you will be directed on how to properly serve and receive communion. All you need to do is follow along online individually or as a family or household.

**4. Share the Joy**

After receiving communion online, snap a quick photo and post it on your social media and on ANCC's Facebook page.

### The Importance of Communion (or Lord's Supper)

During the celebration of the Passover, the night before His death, Jesus instituted a new community meal that ANCC and most other churches observe to this day known as Communion or Lord's Supper. Through Communion, we remember the broken body and shed blood of Jesus for the forgiveness of our sin. We also remember his resurrection from the dead and look forward to his return.

During the Last Supper, Jesus took a loaf of bread and gave thanks to God. As he broke it and gave it to his disciples, he said, "This is my body, which is given for you. Do this in remembrance of me." In the same way, after they had eaten, he took the cup, saying, "This cup that is poured out for you is the new covenant in my blood" (Luke 22:19-21).

The Apostle Paul teaches us more about the Lord's Supper in 1 Corinthians 11:23-29. Paul includes a statement: <sup>27</sup> "Whoever, therefore, eats the bread or drinks the cup of the Lord in an unworthy manner will be guilty concerning the body and blood of the Lord. <sup>28</sup> Let a person examine himself, then, and so eat of the bread and drink of the

cup. <sup>29</sup> For anyone who eats and drinks without discerning the body eats and drinks judgment on himself" (1 Corinthians 11:27-29).

This is a crucial teaching—we are to avoid participating in Communion “in an unworthy manner.” Unworthy means disregarding the true meaning of the bread and cup by forgetting the incredible price Jesus paid for our salvation.

Taking communion unworthily means allowing the ceremony to become just a ritual or mere external formality. It also means coming to the Lord’s Supper with unrepentant sin. We must listen to these instructions: *we should examine ourselves before eating the bread and drinking the cup.*

It also means communion is only for the followers of Jesus Christ. If you have not believed Jesus Christ alone for your salvation, then you should wait until you have invited him into your heart. If you are chasing sin and unremorseful about it, you should not participate, for that would be to insult the very purpose for which Jesus sacrificed his life.

Let’s join together with a sincere heart in remembrance of the immeasurable love of Christ as shown by the body and blood of Jesus that was broken and poured at the cross.