

# COMMUNION AT HOME

You can celebrate communion at home.

You may have never taken communion, or you may have never taken communion outside of a local church gathering.

Taking communion as a family is a great idea. **But first, make sure you understand what is communion all about.**

Communion was given to us as a celebration at The Last Supper. It was Jesus' last dinner with His disciples before He was crucified. You can read about it in Matthew 26, Luke 22, and Mark 14. It happened as part of the celebration of Passover. Jewish people would have celebrated Passover as a way to remember how God rescued them from slavery. When we break the bread and drink the wine (or grape juice), we remember the cost of our own rescue from slavery. Jesus rescued us from slavery to sin and death. Because of Jesus, we know our sin has been defeated and death has been overcome.

At the Last Supper, Jesus said, "Eat. This is My body." Then, with the cup of wine, He said, "...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." - Matthew 26:27-29 (ESV)

In Luke's Gospel, Jesus says that we should "do this in remembrance" of him. The Apostle Paul reminds us in 1 Corinthians 11:23-26, of our motivation for taking communion together. Jesus asked us to carry out this simple tradition to remember that He gave His life for our lives. He was poured out to wash away our sins. Like baptism, communion is a symbol and a reminder of what Jesus has done. But it holds power not only as a symbol, but it also reminds us to invite the Holy Spirit to examine our lives and to continue to do His work of mending our brokenness.

After taking communion, Jesus and His followers walked to the Mount of Olives where Jesus prayed His famous prayer in the Garden of Gethsemane only hours before He was arrested and eventually died so that we could truly live.

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## *Ideas for Taking Communion at Home*

- If your family isn't familiar with the meaning of communion, use the Scriptures above to explain how it came about and what it's for.
- Jesus and His followers used wine and unleavened bread, but it's simplest to use grape juice and whatever bread or crackers you have available. Using juice is a great way to involve children while also being sensitive to anyone who might not drink alcohol. If you really want to use unleavened bread, a matzo cracker is a great option.
- Ask one person to pray for the bread and lead the group in this first part of communion. Here's an example.
- Next, ask someone else to pray for the cup and lead the group in this second part of communion.
- Ask your family to reflect and share anything they felt like God might have been helping them to see or remember while they were taking communion.