

What does communion look like? (eating bread and drinking grape juice together)

#TargetPractice: What is the purpose of communion? (remembering Jesus's sacrifice, recognizing how Jesus joins us together with other believers, and looking forward to the supper in the future after Jesus comes back) (in short: loving God, loving others, & remembering the future feast)

Communion in the early church days looked different than the way we do communion. They had a meal where they would visit and spend time with other believers. It was a time to remember Jesus's sacrifice, celebrate, and share God's love with others. However, Paul wrote a letter to the Corinthians who were not observing communion with the right attitude or with right actions.

We need to be careful of that too. Since communion is a time to join with other believers and remember the sacrifices Jesus made for us, we need to have our minds focused on Jesus during that time. We need to stop and think about how much we need Jesus and then about what He did for us.

Should we be reading and taking communion? Talking? Thinking about lunch? No! If you plan to participate in communion, you should have your mind and heart focused on Jesus. Maybe asking Him to forgive you for something you have done. Or thanking Him for dying for you.

We are going to take communion together this morning now that we have more of an understanding of it.

I will read some scripture that is very common to be read during communion. Remember your focus needs to be on what is being said and on Jesus.

(1 Corinthians 11:23-26) 23 The teaching that I gave you is the same teaching that I received from the Lord: On the night when Jesus was handed over to be killed, he took bread **24** and gave thanks for it. Then he broke the bread and said, "This is my body; it is[a] for you. Do this to remember me."

(hold the bread up) Pray with me...thank you Jesus for being our bread of life. You are what fills up and nourishes our spiritual bodies.

Eat the bread

25 In the same way, after they ate, Jesus took the cup. He said, “This cup shows the new agreement from God to his people. This new agreement begins with the blood of my death. When you drink this, do it to remember me.”

(hold up juice) Pray with me...thank you Jesus for your sacrifice. Thank you for loving us so much and making it so we can live with you forever. Forgive me of my sins and help me as I live for You.

Drink the juice.

This next verse reminds us of the purpose of communion.

26 Every time you eat this bread and drink this cup, you show others about the Lord's death until he comes. (ICB)