



COMMUNION

Communion is a symbolic way to remember that we receive grace, forgiveness, and new life through what Jesus did for us. It's for those of us who have made the decision to accept Jesus as our Lord and Savior, and was given to us by Jesus as a regular remembrance of his sacrificial death.

To Take Communion:

Read this quietly to yourself: "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.'" (Luke 22:19, NIV)

Reflect on what the breaking and eating of bread has to do with Christ's body being broken on the cross. Take the bread element.

Read this quietly to yourself: "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 22:20, NIV)

Reflect on what the grape juice has to do with the shedding of Christ's blood so that we are forgiven. Take the juice element.

Pray: Thank you, Jesus, for this reminder that everything we need comes from you. Each time I take Communion, Lord, I want to be reminded that everything we receive is through you. Even though I don't deserve it, you gave your life and then rose again three days later so that I could experience new life in my days here and now, and then eternity with you. Fill me today with your Holy Spirit. As I leave this place, help me to hold this fresh remembrance of who you are, and what you have done for me and for all people. Help me to share its message faithfully as you give me opportunities to do so. It's in your name we pray, amen.



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