

LEADER GUIDE

“Communion” - A Time Of Fellowship



PREPARATION BEFORE MEETING: *Ensure that you have enough bread/crackers (gluten free needed?) and juice (and cups if not using packaged elements) for the group.*

“To end our gathering today, we are going to share in communion together.” *[Pass out elements (gluten free bread & juice) around the table. After everyone has the elements, pray to invite Holy Spirit to prepare our hearts for this time of taking the Communion together, and then read or in your own words the brief teaching below.]*

There are a number of different names for this sacrament, including “Communion.” We see this name used by Paul when he writes to the Corinthian church, “The cup of blessing that we bless, is it not a communion in the blood of Christ? The bread that we break, is it not a communion in the body of Christ?” Communion is a sacrament that reminds us that because of Jesus’ life, death and resurrection, we are able to commune with and be in fellowship with the Almighty God.

Communion can be more fully appreciated when looking back to the sacrificial rituals that were observed by the Ancient Israelites in the Old Testament. For example, after worshipers would make animal sacrifices as a “Fellowship Offering” to God, then it would be followed by the “Fellowship Meal” where God, the priest, and the community would all be present together to eat the meat that was roasted on the altar. This meal celebrated the peace and fellowship with a Holy God who would dwell with His people and display His glory.

So, the practice of Communion looks to the ultimate Fellowship Offering made by Jesus, who provided us with fellowship and peace with God once and for all. And since there are no further offerings that will ever need to be made, Communion is like the Fellowship Meal that follows Jesus’ sacrifice. It’s a celebration of the fellowship and peace we can now have with God because Jesus’ death and resurrection!

And, not only is Jesus actually present at this Fellowship Meal by His Spirit, but it is also a communal practice that we share with one another. Communion or “Holy communion” isn’t just a meal, its a sacred and holy time of fellowship around a table with brothers and sisters and our host is Jesus. Since it is a communal practice, let’s all open our Bibles to 1 Corinthians 11:23-24 and let’s read that together:

“For I pass on to you what I received from the Lord himself. On the night when he was betrayed, the Lord Jesus took some bread and gave thanks to God for it. Then he broke it in pieces and said, ‘This is my body, which is given for you. Do this in remembrance of me.’”

Let us eat the bread together.

Now, let’s read verse 25 together:

“In the same way, he took the cup of wine after supper, saying, ‘This cup is the new covenant between God and his people—an agreement confirmed with my blood. Do this in remembrance of me as often as you drink it.’”

Let us toast our cups with one another in celebration of the fellowship we have with Jesus and one another!

[Close in prayer after toast.]