

Communion Suggestions for Small Groups

Purpose: The purpose of partaking of the Lord's Supper in the Small Groups is to remember Jesus' sacrifice for us, and to proclaim his death until he comes (1 Corinthians 11:25-26). In this way we affirm our commitment to Jesus' Lordship both as individuals and as a group. We receive strengthening and encouragement as we identify with Jesus.

How to Prepare: Confess and repent of any sin in your life. Make amends with whomever you have wronged. Read over the Scripture passages given below. Meditate on what Christ has done for us, and choose which Scripture you will use. Write down any thoughts you want to share or questions you have to ask the group.

What to Use: You may use any kind of bread. If any members of your group have wheat allergies, you may use rice cakes. (Just be sure to use the same thing for all the members!) You may use any kind of grape juice.

How to Lead the Time:

Read Scripture. Always include either Matthew 26:26-29, Mark 14:22-25, Luke 22:14-21, or 1 Corinthians 11:23-26. Our members need to know the scriptural basis. (You may have other passages to read or insights to share, and you may have a short discussion time if the Lord lays it on your heart to do so.)

Allow for a time of silent confession. Read 1 Corinthians 11:27-32, or summarize it so that it is clear that the Lord wants us to examine ourselves, not to keep us from participating, but to free us to be able to participate with a clean heart.

Partake of the bread. This may be followed by a time of prayers of thanksgiving.

Partake of the cup. This may be followed by a time of prayers of thanksgiving.

Rejoice in our salvation. However is appropriate for your setting: with meditative songs of worship, joyous songs of praise, or heartfelt prayers.