



**CROSSBRIDGE**  
COMMUNITY CHURCH

## **Communion in Lifegroup [For Leaders]**

We believe that Lifegroups are a great place for communion. The following paragraphs are meant to help you make this a meaningful celebration within your group.

### **WHAT IS COMMUNION, THE LORD'S SUPPER, OR EUCHARIST?**

It is the regular remembrance and celebration of the Lord's sacrificial death. The breaking and eating of bread is symbolic of Christ's body being broken on the cross. The drinking from the cup causes us to remember the shedding of Christ's blood whereby we are forgiven. {*Matthew 26:26–28; 1 Corinthians 11:23–24*}

### **WHAT IS THE PURPOSE OF COMMUNION?**

The primary purpose of communion is to take time to remember all that the Lord did for us. It is a time to worship and give thanks for the forgiveness of our sins and the new life and relationship we have in Jesus Christ. This time of remembrance was initiated by Jesus just before his death. Because we tend to be forgetful people, the Old Testament believers were called to remember the faithfulness of God through various memorials. In the New Testament, communion is the way Jesus wanted us to remember his love and forgiveness of our sins.

*For I received from the Lord what I also passed on to you: The Lord Jesus, on the night he was betrayed, took bread, and when he had given thanks, he broke it and said, "This is my body, which is for you; do this in remembrance of me." In the same way, after supper he took the cup, saying, "This cup is the new covenant in my blood; do this, whenever you drink it, in remembrance of me." For whenever you eat this bread and drink this cup, you proclaim the Lord's death until he comes. -1 Corinthians 11:23-26*

These verses also explain that communion is a time to examine our relationship with the Lord and others.

*Therefore, whoever eats the bread or drinks the cup of the Lord in an unworthy manner will be guilty of sinning against the body and blood of the Lord. A man ought to examine himself before he eats of the bread and drinks of the cup. For anyone who eats and drinks without recognizing the body of the Lord eats and drinks judgment on himself. - 1 Corinthians 11:27-29*

## **WHERE AND HOW OFTEN SHOULD WE CELEBRATE IT?**

We believe it is a good thing for believers to celebrate communion not only “at church” or in the “church building” but also in homes and appropriate places all around the city. We can celebrate regularly and often. God invites us to celebrate as often as possible.

In Acts 2:42-47 we read that believers met on a regular basis in their homes to celebrate communion.

*They devoted themselves to the apostles’ teaching and to the fellowship, to the breaking of bread and to prayer. Everyone was filled with awe, and many wonders and miraculous signs were done by the apostles. All the believers were together and had everything in common. Selling their possessions and goods, they gave to anyone as he had need. Every day they continued to meet together in the temple courts. They broke bread in their homes and ate together with glad and sincere hearts, praising God and enjoying the favor of all the people. And the Lord added to their number daily those who were being saved.*

## **WHO CAN TAKE COMMUNION?**

Any person who has believed and trusted the Lord Jesus Christ alone for their salvation. This means it is possible that some members of your group may not want to participate.

## **WHO CAN SERVE (GIVE, FACILITATE, ADMINISTER) COMMUNION?**

Biblically speaking, anyone can serve or facilitate communion. Strategically we think that the Life Group Leader would be good to serve as an example of servant leadership in the same way that Jesus served His disciples. However there may be other members who are equally able to lead and serve in this celebration. It is at the leader’s discernment and discretion.

## **HOW CAN WE SERVE COMMUNION?**

There are many ways to serve communion. The Bible does not dictate a certain method. Feel the freedom to be creative and use variety. You could celebrate communion after a meal together (this seems to be the way the early church did it according to Matthew 26:26-29; Acts 2:42-46; 1

Corinthians 11:20-26). You could make this the centerpiece of your time together or you could partake in it before or after you have discussion time.

The important thing is to remember that this is a time of worship.

This is a time of celebration.

This is a time of remembering and for reflection.

Enjoy it and you will see yourself and your friends grow in your relationship with Jesus Christ.

*Here are a couple of ideas to get you started:*

a. Use a loaf of unsliced bread and grape juice. These can be placed on a platter and in a nice cup.

b. You can create a worshipful environment with perhaps music and/ or candles.

c. As you begin your time of celebration you can begin with the reading of some selected passages of scripture that remind us of the Lord's death, burial and resurrection for us:

- *Psalm 22*
- *Isaiah 53*
- *Mark 15:21-29*
- *John 19*
- *1 Corinthians 15:1-8*
- *Galatians 2:16-21*
- *Ephesians 2:1-10*
- *Philippians 2:1-11*

d. After a time of reading, pass the bread around and ask each member to tear off a small piece, which represents the body of Jesus Christ that was broken for us.

e. Read 1 Corinthians 11:23-26.

f. Then pass the cup of juice around and have each member dip their bread into the cup.

g. Encourage each member to spend some quiet minutes in prayer and reflection after they have taken the bread and juice.

h. After all members have been served, close the time with prayer and praise by whoever wants to participate.

\*\*\*One more idea would be to have the bread and cup at the center of your Lifegroup.

After a time of sharing, reading and prayer, start the worship playlist from YouTube with worship songs about the sacrifice of Jesus and the cross to play in the background. Then have people pray, reflect, or worship and as they feel led, go to the center, tear off a piece of bread, dip it in the juice and serve

themselves. You may also consider having group members serve one another. Again, feel the freedom to enjoy and celebrate this time together.

Please don't hesitate to ask any questions or concerns.