

COMMUNION GUIDE

SUNDAY, FEBRUARY 8

Pastor J.C. Thompson will lead us in sharing Communion during the online service on Sunday, February 8. This guide will prepare you to participate individually or with family and friends.

What is Communion?

Communion is an intentional time of remembering Christ's sacrifice for us. It's a clear reminder of the new life Jesus offers through His death on the cross for our sins. Jesus initiated this time of remembrance with His disciples ([Matthew 26:26-29](#)), giving us an example to follow.

Why do we participate in Communion?

Communion is shared to remember what Jesus has done, to remind us that we have accepted the gift of His death, and to look forward to His return. The food is a reminder that Jesus' body was broken for us. The drink reminds us that Jesus' blood was poured out for our sins. We celebrate Communion to strengthen our faith and to proclaim to each other and the world the Good News that Jesus Christ has come and will come again.

Who participates in Communion?

Those who participate in Communion affirm that they have accepted Jesus' death as a sacrifice for their sins. Only those who have placed their faith in Jesus as their Lord should partake of the food and drink elements.

How do we do Communion?

Scripture gives us guidelines in [1 Corinthians 11:23-29](#) for the giving and receiving of the elements of Communion.

1. Prepare the elements before watching the online Sunday service.
 - a. Select food and drink items like bread, crackers, chips and any beverage.
 - b. The focus of your heart matters more than the elements you choose.
2. Examine your life to:
 - a. Affirm that you have a real, transformative relationship with Jesus.
 - b. Confess any sin to God.
 - c. Rest in the forgiveness of God, remembering our ongoing need for the grace of Jesus.
3. Be sensitive to those who may not have a relationship with Jesus.
 - a. Explain that Communion is for those who have surrendered their lives to the Lordship of Jesus. Communion does not bring salvation, but it's a way to affirm that we've been saved by trusting in Jesus and His sacrifice for us.
 - b. Pray privately for your children or friends to accept that Jesus' sacrifice was for them.
 - c. Use this opportunity to teach your children about the Good News of Jesus. [Exodus 12](#) is a great place to share the story of the Passover and Jesus as our perfect lamb.
4. Eat and drink the elements of Communion as guided in the service.
5. After the service:
 - a. Thank God for what He has done for you, resting in the finished work of Jesus Christ.
 - b. Celebrate together the forgiveness we have in Jesus.