

LEADING COMMUNION

The Bible doesn't specify where or how often we should receive communion. As a rule of thumb, we encourage people to receive communion anytime it will be memorable. Groups are a great place to celebrate communion.

What you'll need:

- **Bread**—You can use crackers or small pieces from a loaf works great.
- **Wine**—You can use grape juice, sparkling cider, or actual wine depending on your preference.
- **Basket or platter**
- **Several small cups**
- **Bible**

Once the “elements” have been passed out, you can read from 1 Corinthians 11:23b-25 (NIV):

1 Corinthians 11: 23b - 25: 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."

At this point before anyone has taken communion, allow for an opportunity for reflection. You could say: “We are not supposed to take communion if we have bitterness or an unforgiving attitude in our hearts.

Let's take a few moments to allow the Holy Spirit to search our hearts and show us if we are holding grudges. If you are, ask God to help you forgive and let go.” Then allow a few moments of silence.

Once a few moments have passed, ask everyone to join you in eating the bread and drinking the wine or juice together.

Then close in prayer with your own words or something like this: “Father, thank you for your sacrifice. Thank you for what you did on the cross to allow us to have a relationship with you. Thank you for your grace and forgiveness and help us to honor you with our everyday lives. Amen.”

If you have questions about communion, or anything else, feel free to contact your coach or your campus pastor.