

## Communion or The Lord's Supper



The Passion. 2005. Mel Gibson.

The night before the crucifixion, Jesus ate with his disciples. This meal was part of the Jewish Passover. During the meal he took a piece of bread and broke it. Jesus said the bread was his body which is broken for us. He passed the bread round and told all of them to eat. He then took a cup of wine and said it was his blood that was going to be spilt for them. He passed the cup round telling them all to drink. Jesus told his disciples that they should do this in remembrance of him.

Today Christians have a special ceremony when they eat and drink to remember Jesus. This ceremony is called Communion or The Lord's Supper.

### **What exactly do you do?**

The Minister at the front of the church picks up a loaf of bread and tears it. The Deacons of the Church then carry the bread, on a plate, round to each person in the congregation. People can either tear a piece off the loaf or take a bit that has already been cut off from the plate. As people take a piece of bread they eat it, close their eyes and think about Jesus dying for them.



When everyone has been served, the Minister at the front holds up a cup and invites everyone to drink. The Deacons carry round holders that have lots of little cups, as shown in the photograph opposite. Each little cup has red grape juice in. When everyone has a little cup, the Minister at the front invites everyone to drink at the same time. We all drink at the same time to remind us that we are all one body in Christ.

### **Why do we do this?**

Taking communion reminds us of the fact that Jesus died so that we can become children of God. In a special way, Jesus is present with us when we do this. Jesus also said he would not drink wine again until he drank it in the Kingdom of God. The apostle Paul said '**Now whenever you eat this bread and drink this cup you proclaim the Lord's death until He comes**' (1 Corinthians 11:26). So communion also reminds us that Jesus is coming back.



## The Meaning



After Jesus rose from the dead, the meaning of his words became clear. Through Jesus' sacrificial death, God had offered forgiveness of sin to all the people. So when Christians gather together they commemorate Jesus' death by sharing bread and wine together thus, communion represents a restored relationship. By believing in Christ's sacrifice, we can have restored relationship with God. And when we share communion together, believers embody a special type of relationship they have with one another as fellow children of God.

When Christians take communion, it is a bittersweet celebration. We reflect on the sins for which Christ died and also consider if there are any specific issues in our lives that we need to confess to God. Yet, communion also celebrates and proclaims God's grace. It is a reminder to us that Christ is the object of our worship and the focus of our hope. Of course, there is nothing special about the elements of wine or grape juice and bread. But it serves as a powerful act for remembering God's provision for us and renewing ourselves again to his will for our lives. If you are a follower of Christ, it's a privilege to celebrate his sacrifice with other believers through communion.

If you want to read about the Last Supper and communion here are the Bible passages:

The story told by Matthew Ch. 26: vs. 17 – 29. The Lord's Supper.

The story told by Mark Ch. 14: vs. 12 – 25. The Lord's Supper.

The story told by Luke Ch. 22: vs. 7 – 20. The Lord's Supper.

Corinthians Ch. 10: vs. 16 – 17; Ch. 11: vs. 23 – 30. The Lord's Supper.

Paul instructs Christians on taking communion.

