

# Celebrating the Lord's Supper in the Life Group

Sharing together in the Lord's Supper is an excellent way to fellowship with our ever present Lord (*Matthew 28:20*) and fellowship with one another as a Life Group. In *1 Corinthians 11:26*, the Apostle Paul gives us a good perspective for communion: "For as often as you eat this bread and drink the cup, you proclaim the Lord's death until He comes."

## **How often should we have communion as a Life Group?**

*Acts 2:46* says the early church continually broke bread as they went from house to house. This "breaking of bread" was an occasion for joy, praise, thankfulness, confession and fellowship. Since it was daily there was no one time considered sacred. *1 Corinthians 11:25* says we "proclaim the Lord's death" as often as we take communion. Therefore, how often your group or family shares in the Lord's Supper is a matter of choice. May we suggest in addition to regular group or family communion that you might celebrate it on birthdays, Thanksgiving, Easter, Christmas, anniversaries, Passover, etc.

## **What is needed to celebrate the Lord's Supper?**

1. A plate for the bread and cups for the juice.
2. Bread—preferably unleavened. It can be broken into small pieces or passed whole, letting each person break off their own piece. It is also appropriate to let one person break off a piece of bread and offer it to the next person reminding each other that the bread represents the Lord's broken body given for us and that His life is available to us.

## **Preparing to eat the Lord's Supper**

1. Self-preparation of the leader (generally the group leaders):
  - ❖ Confession to insure worthiness. (*1 Cor. 11:28; 1 John 1:9; Matt. 6:14, 15; Eph. 5:18*)
  - ❖ Take time to reflect on why you have the privilege of serving and celebrating this meal. (*Eph. 2:8,9; 1 Cor. 5:20;21*)
  - ❖ Be familiar with the Scriptures you wish to refer to. (*1 Cor. 1:23-31; Matt. 26:26-30; Luke 22:14-20*)
  - ❖ Pray—ask the Lord to enrich this time together and to make it meaningful.
2. Gather the group together:
  - ❖ Pray aloud, asking the Lord to bring the group closer together to each other and to Himself.
  - ❖ Possibly sing a hymn.
  - ❖ Have a time of silent prayer, reminding the members to take their sin to God to be forgiven and cleansed, and to thank Him for salvation and forgiveness. (*1 Cor. 11:28; 1 John 1:9*)

## **Serving the bread**

1. The bread represents the broken body of Christ, which is the substitutionary sacrifice for our sins. (*Isaiah 53*)
2. Also, the breaking of the bread represents the fellowship we have together in Christ as believers.
3. It is good to remind ourselves that sharing in His life is also to share in His suffering. (*Philippians 3:10; Colossians 1:29*)

4. As the bread is passed, read from the Scriptures concerning its significance. (*1 Cor. 11:23, 24; Matt. 26:26*)

### **Serving the cup**

1. The grape juice reminds us of our Lord's shed blood—that is, that He suffered and died for our sins. (*Matthew 26:27-28*)
2. As with the bread, it is appropriate to have the group members remind each other as they pass the cup that, "This cup represents Christ's death for our sins!" (*1 Peter 1:18, 19*)
3. Read *1 Corinthians 11:25, 26* before partaking of the cup. (Also *Matthew 26:27, 28*)

### **What is proclaimed in the Lord's Supper?**

1. His death as a substitutionary sacrifice for our sins. (He died in place of us.)
2. His life in which we may share. We also share in His death and resurrection. (*Romans 6:4-7*)
3. We anticipate dwelling with Him eternally just as scripture has promised us. (*Romans 6:8-11*)

### **Closing the time together** (Read *Matthew 26:29*)

1. Prayer of thanks and praise for what He has done, and the strength for us to witness to that consistently in our lives.
2. Sing a song together. (Singing a song can be very meaningful at a number of points in the communion.)
3. Sharing of testimonies and praises
4. A possible closing prayer based upon *2 Corinthians 13:11, 14*

Note: Remember, a group or family communion can be very meaningful. Do it as often as you wish "*until He comes,*" but do it with reverence and without ritualizing it to the point that it becomes just an obligation to be swiftly and emotionlessly and thoughtlessly performed. Remember His death, but also rejoice in the anticipation of living with Him forever. (*Luke 22:14-18; 1 Corinthians 11:26*)