



communion

AT HOME

santa barbara community church

SUGGESTIONS FOR TAKING THE LORD'S SUPPER IN YOUR HOME:

1. Taking the Lord's Supper is not an individual devotional exercise. It is something we do together, just as Jesus did with his disciples. It represents not only our union with Christ, but our union together as the Church. That being said, if find yourself on your own during this time see if you can connect with someone else over Zoom or even by phone as you use the following guidelines.
2. Have the elements ready when you start to worship. Any bread & grape juice or wine will do. Know how you will serve communion. (Will you pass the elements? Will you serve one another?)
3. Have someone read the words of institution (Jesus' instructions about participating in what became known as "the Lord's Supper") from 1 Corinthians 11:23-26. If you prefer a gospel account, you can find it in Matthew 26:26-29, Mark 14:22-25, or Luke 22:14-20.
4. Make sure that everyone is clear what it means and who is invited to participate.* This is a joyful but sober occasion because we are reflecting on the suffering and death of Christ, who gave his life to reconcile us to God. This is a meal for those who have placed their faith in Jesus as Savior and Lord.
5. There is no prescribed way of taking the elements, but since you are doing it in a small group, you may want to include:
 - **Breaking the bread as Jesus did and thanking God.** Thank him for his grace; thank Christ for his humility and willingness to become a human and die for us. Thank him for forgiveness that was purchased by his blood!
 - **Serve each other.** You can say to one another, "The body of Christ given for you. The blood of Christ shed for you."
 - **When you are finishing you may want to remind each other of the great truths of the gospel:** in Christ you are forgiven, a new creation, reconciled to God, set free to live a new life, etc.

* **NOTE:** Christians often have different thoughts regarding whether or not to involve **children** in this sacrament. Our general approach has been to encourage kids to wait until they understand the gospel and what it means to follow Jesus and have demonstrated this in a desire to follow Jesus and be baptized. If you'd like to read more of our approach to preparing kids for the sacraments, refer to the guide link [HERE](#).