

At-Home Communion Guide

Context for Communion

When Jesus first modeled the spiritual tradition of communion, He did it in someone's home. However, the most famous story of communion in the Bible is the story of The Last Supper. It was Jesus' last dinner with His disciples before He was crucified & killed. It happened as part of the celebration of Passover as a way to remember how God brought the Jewish people out of Egypt and "passed over" their houses. The eating of the bread and drinking of the wine led to what we call COMMUNION.

Remembering what Jesus did while taking communion can feel like a somber moment, and that's okay. But don't forget, this is an incredible reason to celebrate. We are set free because Jesus is alive and giving us life to the full. Taking communion at home is a wonderful way for followers of Jesus to do something He asked us to, which is to remember what He did for us. And it's the perfect time to thank Him for His grace which gives us life.

Take Communion

Jesus and His followers used wine and unleavened bread, but it's simplest to use juice and whatever bread or crackers you have available. What's important is focusing on the meaning of this spiritual symbol.

As you hold the bread which represents the body of Jesus, here's sample prayer:

God, thank You for sending Jesus who not only lived for us, but died for us. He came in the body of a man, gave Himself up so we could live! Thank You that He was raised back to life. Thank You that because of the grace of Jesus we have real life, and we can live forever in You. Amen.

Go ahead and eat the bread.

Next, Hold the cup, which is a symbol of Jesus' blood. Here's a sample prayer:

God, what an incredible picture this is of Your love for us. You allowed Your only Son to literally be poured out so that we could be in a fully restored relationship with You. Thank You, Jesus, for giving your blood. Amen.

Go ahead and drink the juice.

You can read Bible references about communion here: [Matthew 26](#), [Luke 22](#), and [Mark 14](#).