

Sharing Communion Together as a Family (or group)

Worshipping the Lord through remembering Him through sharing the Lord's Supper is a key part of our faith as Christians. While it is always meaningful to do this as a local church family. You can share communion you're your family or with your home group!

If you've never done that before, the idea might be a little scary, but included here is a simple guideline for how you could share the Lord's supper in as a family or home group

Steps in Sharing Communion

1. Prepare the elements (unleavened bread & grape juice) ahead of time. Use small glasses for individual servings. [A recipe for the bread used at Cottonwood as at the end of this.]
2. If you are doing this with your family, it would be appropriate for Dad (or mom) to share a thought or two from your personal experience regarding God's love, forgiveness, grace, mercy, commitment, tenderheartedness or faithfulness. It doesn't have to be long just a brief minute or two thought. For example "These past few weeks I've experienced God's mercy in the way he untangled the situation with my son. And I've seen God show mercy to others of us here too, especially to Jean and Roger." If you prefer, you can write down ahead of time what you want to say.
3. Even if your aren't comfortable sharing something from your own experiences. Read a passage from the Bible like: I Corinthians 11:23-26, *"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." For whenever you eat this break and drink this cup, you proclaim the Lord's death until he comes.*
4. Pray silently, and pass the bread around the circle. While the bread is being passed, you may want to reflect quietly, sing a simple praise song, or listen to a worship CD.
5. When everyone has received the bread, simply state: **"Jesus said, 'Do this in remembrance of me.' Let us eat together,"** and eat the bread as a group.
6. Pray silently, and serve the cup. You may pass a small tray, serve people individually, or have them pick up a cup from the table.
7. When everyone has juice, simply state, **"The cup of the new covenant is Jesus Christ's blood shed for you. Jesus said, 'Do this in remembrance of me.' Let us drink together."** Then drink the juice in a group.
8. Conclude by singing a simple song, listening to a praise song, or having a time of prayer in thanks to God.

Some other good Communion passages: Matthew 26:26-29, Mark 14:22-25, Luke 22:14-20, I Corinthians 10:16-21 or I Corinthians 11:17-34.

Jean's Unleavened Communion Bread Recipe:

- ¼ cup whole wheat flour
- ¼ cup whipping cream (could substitute half & half or milk, if you add a little oil in)
- ¼ tsp salt

Mix and form into one round flat loaf. Bake at 350 degrees for 30 minutes.