

“A Guide to Communion”

Matthew 26:26-29; Mark 14:22-25; Luke 22:17-20; 1 Corinthians 11:23-26, 28

And as they were eating, He took the cup, and gave thanks, and said, ‘take this and divide it among yourselves; for I say to you, I will not drink of the fruit of the vine until the kingdom of God comes.’ And He took bread, gave thanks and broke it, and gave it to the disciples and said, ‘Take, eat; this is My body which is given for you; do this in remembrance of Me.’ Likewise he also took the cup after supper, and when He had given thanks He gave it to them, saying, ‘Drink from it, all of you.’ And they drank from it. And He said to them, ‘This cup is the new covenant in My blood, which is shed for many for the remission of sins. This do, as often as you drink it, in remembrance of Me. Assuredly, I say to you, I will not drink of the fruit of the vine from now on until that day when I drink it new with you in My Father’s kingdom.’

For I received from the Lord that which I also delivered to you; that the Lord Jesus on the same night in which He was betrayed took bread; and when He had given thanks, He broke it and said, ‘Take eat; this is my body broken for you; do this in remembrance of Me.’ In the same manner He also took the cup after supper, saying, ‘This cup is the new covenant in my blood. This do, as often as you drink, in remembrance of Me.’ For as often as you eat this bread and drink this cup, you proclaim the Lord’s death till He comes.

But let a man examine himself and let him so eat of the bread and drink of the cup.

The Purpose of Communion

The purpose of communion is to remember the suffering of the Lord Jesus for our sins and to rejoice in its sufficiency to pay for our sins and provide us with salvation. Also, it freshly reminds us of our need for intimacy, integrity and unity in our relationship with God and with all those who have placed their faith in Christ’s redemptive work. Communion helps us to examine and realign our hearts with God and with other believers through love and humility—confession and forgiveness. Through partaking of the bread and the cup, we remember the Lord’s body and blood freely given for us, and we renew our commitment to daily commune with Him and with His people, the Church.

The Pattern and Process of Receiving Communion

Step #1: Prepare

- **Prepare Your Home** - This has to do with the environment and the elements. Prepare the environment of your home by setting it apart as a sacred place of praise and worship unto the Lord. Prepare the elements of communion by setting in order the bread and the cup in a thoughtful and reverent manner.
- **Prepare Your Heart** - This has to do with the need to sanctify and soften your heart. Prepare your heart by declaring your mind, emotions and will as fully set apart to properly honor the Lord Jesus. Also, prepare your heart by softening it through humble submission to all the Lord will reveal to you through receiving communion.

Prayer Declaration #1: “Lord Jesus, my Sovereign King, Suffering Savior and Risen Lord, I choose to prepare my home as a sacred place and Your table as a sacred space to honor You properly and praise You fully for all You are and all You have done for me.”

Step #2: Pray

- **Pray for Conviction** - This has to do with revelation and repentance. As you examine your attitudes and actions, ask the Holy Spirit to reveal anything that needs to be repented of concerning sin, unforgiveness or disunity.
- **Pray with Confession** - This has to do with agreeing and addressing. Agree with whatever the Holy Spirit reveals and address it through clear and honest confession.

Prayer Declaration #2: “Lord Jesus, my Sovereign King, Suffering Savior and Risen Lord, I welcome the conviction of Your Holy Spirit concerning any sin that has been unconfessed or unforgiven that would cause me to partake of Your table in an unworthy manner. I choose to examine myself as You lead me into the revelation of what is true. Search me, know me and show me any sin and I will confess it, repent of it and remove it. And any point of unforgiveness and I will forgive and release.”

Step #3: Proclaim

- **Proclaim the Lord’s praise** - This has to do with declaring and describing who the Lord is and all that He has done to save all people for all time.
- **Proclaim the Lord’s power** - This has to do with remembering the Lord’s death and rejoicing in its power to bring about so great a deliverance for all who will call on Him in repentance and faith.

Prayer Declaration #3: “Lord Jesus, my Sovereign King, Suffering Savior and Risen Lord, I gladly and gratefully proclaim Your praise and declare and describe who You are and all You’ve done to rescue, redeem and restore me. I choose to call to remembrance the power of Your death and to greatly rejoice in the divine deliverance it has accomplished for me.”

Step #4: Partake

- **Partake of the bread** - Partaking of the bread has to do with receiving and renewing a spirit of intimacy, integrity and unity with Christ and with His Body.
- **Partake of the cup** - Partaking of the cup has to do with receiving and renewing a fresh revelation of the suffering and sufficiency of the Lord’s death to save us and set us free.

Prayer Declaration #4: “Lord Jesus, my Sovereign King, Suffering Savior and Risen Lord, I partake of the bread, recognizing it represents Your body, broken for me that I might receive intimacy, integrity and unity with You and with all who call upon Your great Name. I thank You for all You endured in Your brokenness to provide wholeness for me. I partake of the cup representing Your suffering which was sufficient to satisfy a Holy God and to secure my freedom from the penalty, power, guilt and shame of sin. I thank You that through Your blood shed for me, I have forgiveness, fullness and freedom forever.”