

# Celebrating Communion at Home



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## What is Communion?

**Communion** (also called Eucharist or The Last Supper) is a time to remember Jesus' last meal with his disciples, and his death on our behalf. Jesus died to pay the price of our sins, and to restore our (humanity's) relationship with God.

*The Lord's Supper is an ordinance of the Lord Jesus Christ instituted by Him to be celebrated with the elements of bread and wine by believers in Christ until the end of the age. It commemorates and declares our thanks for the Lord's substitutionary death. The celebration of the ordinance expresses our fellowship with and in the Lord Jesus Christ as members of the Body of which He is the Head.*

Baptist NSW & Act Statement of Beliefs. Access from <https://nswactbaptists.org.au/beliefs/>

## Three Ways to Celebrate

This Sunday we are inviting you to celebrate communion with us after the service. Depending on your situation and what will work best for you, here are three options. Subsequent pages in this document include material to help with the bottom two options and to answer questions you might have. Please feel free to contact the office for further enquiry.

### **OPTION 1: Facilitated Zoom Meeting (online group video call)**

A link will be included on our Sunday Service web-page to attend an online Zoom meeting after the livestream where a time of Communion will be facilitated. Use your phone or computer. To participate you will need to prepare food in advance to eat together.

### **OPTION 2: Self-Guided Formal Breaking of Bread**

Prepare the bread and grape juice (or substitutes). Nominate member/s of the household to read the bible verses below and to pray. Break the bread, and pass it around. Pour the juice and pass it around. Spend a moment in prayer and reflection, then eat together.

### **OPTION 3: Self-Guided Informal Meal of Thanksgiving**

Prepare a meal for your household. During the day read the story from the bible or a storybook bible. You may like to pick some prayers or songs to share together. Right before you eat, you might like to share a simple grace thanking God for the food and for Jesus' sacrifice on our behalf.

## Bible Readings

### The Last Supper

Matthew 26:17-30 (see also Mark 14:12-26, Luke 22:7-39 and John 13:1-17:26)

### Paul writes about Celebrating Communion

1 Corinthians 11:23-26



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## Prayers & Graces

You can say your own prayers of thanksgiving and remembrance. If you would like to use a pre-written prayer here are a couple of suggestions.

Dear God,  
Thank you for sending Jesus to show us your amazing love  
We remember Jesus' death on the cross for our sins  
Thank you for giving us the church to encourage us  
We pray for everyone sharing in this meal together today  
For those with us here, and those far away  
Thank you that you promised to return  
And are preparing a place for us to be with you  
We look forward to sharing this meal – with you –  
Face to face.  
Amen

Dear God,  
Thank you for this meal that feeds our  
body  
Thank you for Jesus, the bread of life  
Thank you for our restored relationship  
with you  
Thank you for

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In Jesus's name,  
Amen

## Songs

### We Remember You - Hannah Thompson-Holloway

A simple song for children. Audio and lyrics available from

<http://kidsfriendly.org.nz/worship-together/communion-booklet-and-song/>

### Around the Table - Oasis Worship

I like how this song describes 3 moments of communion (Jesus with his disciples, us remembering, and the wedding feast in heaven.) The lyrics are also fairly easy for children to follow along.

<https://open.spotify.com/track/4ZPL3RPk2JWXDNtkWetJxp?si=3aA0Lfz8Q0acZ6r4sHP-6w>

### Remembrance (Communion song) - Matt Redman

A beautiful reflective song. Lyrics are a little more complex.

<https://open.spotify.com/track/5L3S78bmuBaAAIPapKU3eU?si=HEIAw2nITMSyjERgGHBEew>

<https://www.youtube.com/watch?v=XNgsO53alTs>

## Look Back, Look Around, Look Forward

A helpful focus for communion – particularly for young children.

### Look Back

Remember Jesus – his life, death and sacrifice on our behalf.

### Look Around

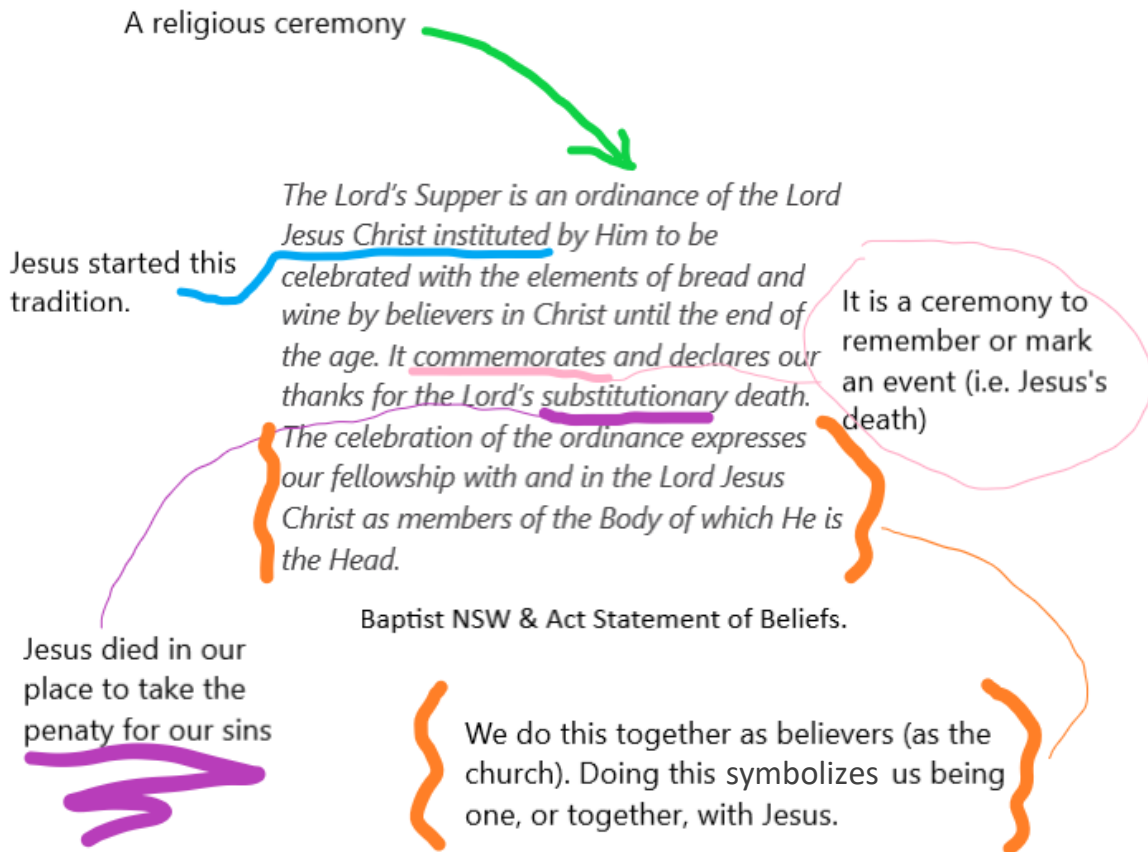
The community of believers. Give thanks for the people you are sharing the meal with. Pray for them, and for those that can't be with you today.

### Look Forward

The wedding feast in heaven. One day will share in the meal with God in person. Our present challenges will not last forever.

# Q&A

## What do all those big words mean?



## Do I need to use bread and grape juice?

Short Answer: No.

The most important thing is what these items **signify** (or represent), rather than what they **are**. We usually celebrate with leavened bread (bread made with yeast) and grape juice. The original meal was probably a flat bread and wine.

There are lots of options for buying different kinds of bread (e.g. pita bread, hot-crossed buns) or making bread at home. However your family may prefer a different meal e.g. rice, noddles. Similarly grape juice could be substituted with another juice, cordial or simply water.

## Are my children old enough?

There are many views about communion across Christian traditions and denominations, some of these relate to how children participate. At CBC we generally say that parents can decide if their children can participate. Talk with your child about it before hand, listen to their ideas and answer any questions they might have.

One concern often raised about children participating is whether they understand Communion. As with most matters of faith, we understand some of it as children, a bit more as adults, but we still don't understand everything!

If your child wants to participate I (Emma) would suggest letting them. Let's encourage their enthusiasm (even if it's not as reflective as we would like). If they don't want to - let them observe. Let them help you in preparing the meal and selecting readings, prayers or songs.

### What if my partner or another person present is not a Christian?

Have a chat with them before hand to explain what you are planning to do and to answer any questions that they might have.

**If they don't want to participate or be present** – be in prayer for God's work in their hearts.

Arrange a time in advance, so they can occupy themselves elsewhere. If children are concerned for a non-believing family member, remind them that: God still loves them; God gives us choices (we need to respect other people's choices too); We can pray for them.

**If they do want to participate/be present** - be in prayer for God's work in their hearts.

Communion is a meal celebrated in the community of believers. If your non-believing household member wants to be present/or participate it's a sign they are on a journey to faith (even if they have a long way to go!). Many of us learn about faith by imitating others before we fully understand and believe what is happening. *"Faith is more caught than taught"*.

Before or during the meal share a grace, prayer, bible reading, song and/or discuss what this meal is about. The non-believer may like to reflect on things they are thankful for in a general sense.

### What if I am alone and can't access the online Zoom meeting?

A key aspect of celebrating communion, is gathering together as a community of believers. However we understand that some people are unable to access technology.

A couple of suggestions –

- Contact the office in advance if you are just not sure how to use the technology and we will try to assist you.
- Phone a friend, read the bible passages and pray for each other over the phone
- Engage in a time of reflection, using the bible passages, prayer, songs and or journaling.

