



Leading Communion in Your Group

What is communion?

Communion is what Jesus told his followers to do to remember him. He wanted anyone who follows Him to remember that He came for us. He showed up on a mission to rescue us because we can't get right with God by ourselves. Only he can do that. We are commanded to regularly remember that his birth, death, and resurrection were all for us.

Taking part in Communion is for those people who have chosen to accept the gift of the sacrifice Jesus made for us on the cross (the Bible is clear about it: 1 Corinthians 11:27-34). Communion is how Christ-followers remember what Jesus did for us - how he rescued us.

You created your J-Group to get some people together that share a common desire for community and growth. As you prepare to celebrate Communion together, know that the most important ingredients for Communion are not the bread and the juice, they are a posture of remembrance of Jesus' sacrifice for us and a thankfulness for how that rewrites the script for our lives and eternity. It's important that you don't let whatever you celebrate with distract or devalue the reason and meaning behind Communion, but also don't be afraid to celebrate in a way that is meaningful to your group. Is your J-Group built around an activity like running or flag football? Celebrate communion with Gatorade and Clif bars. Is your J-Group connected around a passion for nutrition? Celebrate with kombucha and sprouted grain crackers. Whatever it is to use to represent the body and blood of Jesus, remember that it represents how Jesus sacrificed his body and blood for our salvation.

Here is a rough outline of what Communion could look like:

- Once you reach the point in your J-Group meeting when you will be celebrating Communion, pass out the juice and bread (if you're meeting online, let the members of your group know to have their juice/bread ready)
 - Optional: Read some context for Communion through group discussion or reading of Bible verses
- Read Matthew 26:17-19
- Read Matthew 26:26 and let members of your group know they can eat the bread
- Read Matthew 26:27-28 and let members of your group know they can drink the juice
- After the bread and juice have been taken, share a few minutes in quiet and encourage your group to spend that time in prayer and reflection
- Close with voluntary prayer and praise

Pro Tips!

- **Give a heads-up:** Let your J-Group know ahead of time when you will be celebrating Communion. For groups that meet weekly, this often works best by letting your group know at the end of your meeting leading up to the week you will be celebrating Communion (“Hey everyone, great group tonight. I want to remind you that next week we will be celebrating Communion as a J-Group...”) and then following up with your J-Group via your established communication method (email, group text, etc) the day-of.
- **Be familiar with the story:** Communion was Jesus’ last supper and is recorded in the Bible, so there is a lot of context for it in the Bible! Read some of these verses that give context for Communion:
 - Isaiah 53
 - Galatians 2:6-21
 - Ephesians 2:1-0
 - Philippians 2:1-11
 - Matthew 26
 - Mark 14
 - Luke 22
 - John 13
- **Pray:** In Luke 5:16 it says, “Jesus often withdrew to the wilderness for prayer.” If Jesus did it, then we probably should too. Leading up to having Communion with your J-Group, thank Jesus for his sacrifice and ask him to bless the time you will be sharing with your J-Group for Communion.