

Communion Service - Life Group Leading

The Willingdon Church family observes the Lord's Supper, as taught by Christ. Life Group leaders are encouraged to celebrate communion with their group. Here are three beautiful ways to engage in communion together.

Option #1

Communion with the Willingdon Family Online

The first weekend of every month, communion is taken in the service. Life Group leaders can encourage their members to come prepared with the elements to their meeting. Share your screen with your group members and take communion together.

<u>March, 2020</u>	<u>September 2020</u>
<u>May, 2020</u>	<u>December 2020</u>
<u>June, 2020</u>	<u>February 2021</u>
<u>July, 2020</u>	<u>March 2021</u>

Option #2

Communion following a Script

The italicized text below helps in leading a Life Group through partaking in communion together. Enjoy celebrating the Lord's Supper by reading through the text and taking the Actions steps together.

In the section of 1 Corinthians, where Paul writes about the Lord's Supper, he pens these words in chapter 10. ¹⁴ *Therefore, my beloved, flee from idolatry.* ¹⁵ *I speak as to sensible people; judge for yourselves what I say.* ¹⁶ *The cup of blessing that we bless, is it*

not a participation in the blood of Christ? The bread that we break, is it not a participation in the body of Christ? ¹⁷ Because there is one bread, we who are many are one body, for we all partake of the one bread . . . ²¹ You cannot drink the cup of the Lord and the cup of demons. You cannot partake of the table of the Lord and the table of demons. Even here we see there are two paths and we must decide.

When we come to the Lord's Table, we are making a declaration. Each time we eat the bread and drink the cup, we are declaring that we have decided that Jesus is our only Saviour and Lord. He is our only Shepherd and Guide. And we express gratitude, from the deepest parts of our being, for our salvation from our life apart from Jesus.

We have been reconciled with God. Forgiveness, freedom from guilt, the removal of shame, victory over death, eternal life, power to not sin, the transforming presence of the Holy Spirit in our lives – all of this and more is ours by grace. We are members of God's family by grace. Let's take a minute to thank God.

1. After a minute, **pray** a sentence to close the reflection prayer.
2. Ask a group member to pray over the bread.
3. After the prayer, take the bread and say: **“Jesus said, ‘This is my body which is for you. Do this in remembrance of me.’ Let us partake of it together.”**
4. Wait for everyone to finish, then ask a group member to pray for the cup.
5. After the prayer, take the cup and say, **“Jesus said, ‘This cup is the new covenant in my blood. Do this, as often as you drink it, in remembrance of me.’ Let us drink together.”**

In 1 Corinthians 11:26 Paul ends with these words: *For as often as you eat this bread and drink the cup, you proclaim the Lord's death until he comes.* Whenever we participate in the Lord's Supper, we remember that one day we will eat bread and drink the cup with Jesus in heaven. We look forward to that great day with a sure hope.

6. Close with a prayer of thanksgiving and expectation for Christ's return.
 7. Select a song to sing together to close.
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Option #3

Liturgical Version

The leader reads the italicized text, and the group responds by reading the bold text. Take breaks to take the elements together. The liturgical version is from the Mennonite Brethren conference resources.

*Taste and see that the Lord is good!
Jesus says, "I am the bread of life.
Whoever comes to me will never be hungry.
Whoever believes in me will never be thirsty."*

**Listen! The Lord who fed the thousands on the hillside,
Who fed the twelve in the upper room-
listen, He stands at the door and knocks;
if we hear His voice and open the door,
He will come in and eat with us.**

*Jesus invites all His disciples to feast at this table.
All who are members of God's covenant family,
living in obedience to God
and with integrity towards their spiritual brothers and sisters,
gather to celebrate their communion with Christ and each other.*

**Lamb of God, who takes away the sins of the world,
Have mercy on us!
Forgive our sins;
our pride and self-sufficiency,
our bitterness and division.
Help us to examine ourselves,
and give us the grace to repent.
We will leave the gifts of our worship at the altar
until we have made right that which needs mending
with You or in the church.
And then, O Lord, Your kindness and forgiveness
Will feed our very souls.**

*On the night He was betrayed
the Lord Jesus took the bread,
gave thanks, broke it, and said,
"This is my body, which is for you.
Do this in remembrance of me."*

**Father, we bless You for the bread,
for the sign of Jesus' body,**

**for His life of compassion
and His example of humble service.
The loaf unites us in the one Body,
And strengthens us for ministry.
Lord, remember Your Body,
And deliver us from evil.** [take together]

*In the same way, Jesus took the cup,
blessed it, and said,
"This cup is the new covenant in my blood.
Do this, as often as you drink it,
in remembrance of me."*

**Father, we bless You for the cup,
for this sign of Jesus' shed blood,
for His death on the cross
and His sacrifice for sin.
This cup welcomes us into a covenant of forgiveness,
and promises us the riches of eternal life,
for Christ, our Passover lamb,
has been sacrificed,
and we have been brought over
from death into life.** [take together]

*As often as you do this,
you proclaim the Lord's death until He comes.*

Maranatha! Come, Lord Jesus!