

COMMUNION GUIDE

WHAT IS COMMUNION?

Communion is a Christian rite given to us by Jesus Christ. While Jesus and the disciples were eating during the Passover celebration, Jesus led the disciples in the first communion and commanded them “do this in remembrance of me.” With over 2000 years between today and the first communion, we as a church still follow Jesus’s command. Below is a guide to help lead yourself and your home in this sacred act.



WHAT ARE THE ELEMENTS?



The original elements of communion were bread and wine. In our church today, the bread is substituted with a wafer and the wine with grape juice. The exact replication of the elements is not the most important part of taking communion. Dietary restrictions and availability must be considered. When taking communion, you should use whatever you have at home. The importance lies in the sacredness of the moment.

WHAT ARE THE STEPS FOR COMMUNION?

Read: Luke 22:19
Eat the bread

Read: Luke 22:20
Drink the juice

