

BUILD COMMUNITY THROUGH COMMUNION

Looking for a wonderful means of worshiping as a group? Why not lead your group in sharing the Lord's Supper? If you've never done this before, the idea certainly seems daunting, but here is a simple form by which your small group can share this ordinance of the church. Of course, churches vary in their treatment of Communion so you may need to adapt these suggestions to your church's beliefs.

Steps in Serving Communion

1. Out of the context of your own experience, say something brief about God's love, forgiveness, grace, mercy, commitment, tenderheartedness or faithfulness. Connect your words with the personal stories of the group. For example, "These past few weeks I've experienced God's mercy in the way He untangled the situation with my son. And I've seen God show mercy to others of us here too, especially to Jean and Roger." If you prefer, you can write down ahead of time what you want to say.
2. Read 1 Corinthians 11:23-26*: The Lord Jesus, on the night he was betrayed, took bread, and when he had given thanks, he broke it and said, "This is my body, which is for you; do this in remembrance of me." In the same way, after supper he took the cup, saying, "This cup is the new covenant in my blood; do this, whenever you drink it, in remembrance of me." For whenever you eat this bread and drink this cup, you proclaim the Lord's death until he comes.
3. Pray silently, and pass the bread around the circle. While the bread is being passed, you may want to reflect quietly, sing a simple praise song, or listen to a worship tape.
4. When everyone has received the bread, remind them that this represents Jesus' broken body on their behalf. Simply state, "Jesus said, 'Do this in remembrance of me.' Let us eat together," and eat the bread as a group.

**Here are some other good Communion passages:
Matthew 26:26-29, Mark 14:22-25, Luke 22:14-20,
1 Corinthians 10:16-21 or 1 Corinthians 11:17-34.**

5. Pray silently, and serve the cup. You may pass a small tray, serve people individually, or have them pick up a cup from the table.
6. When everyone has been served, remind them that the cup represents Jesus' blood shed for them. Simply state, "The cup of the new covenant is Jesus Christ's blood shed for you. Jesus said, 'Do this in remembrance of me.' Let us drink together." Then drink the juice in a group.
7. Provide transitions between questions. When guiding the discussion, always read aloud the transitional paragraphs and the questions. Ask the group if anyone would like to read the paragraph or Bible passage. Don't call on anyone, but ask for a volunteer, and then be patient until someone begins. Be sure to thank the person who reads aloud.
8. Break up into small groups each week, or they won't stay. If your group has more than seven people, we strongly encourage you to have the group gather sometimes in discussion circles of three or four people during the SERVE or GO sections of the study.
9. Rotate facilitators weekly. At the end of each meeting, ask the group who should lead the following week. Let the group help select your weekly facilitator. You may be perfectly capable of leading each time, but you will help others grow in their faith and gifts if you give them opportunities to lead. You can use the Small Group Calendar to fill in the names of all meeting leaders at once if you prefer.
10. One final challenge (for new or first time leaders): Before your first opportunity to lead, look up each of the five passages listed below. Read each one as a devotional exercise to help equip yourself with a shepherd's heart. Trust us on this one. If you do this, you will be more than ready for your first meeting.

- Matthew 9:36
- 1 Peter 5:2-4
- Psalm 23

- Ezekiel 34:11-16
- 1 Thessalonians 2:7-8, 11-12