



## Communion (Eucharist/Lord's Supper)

### Introduction:

As the preaching of the Word makes the Gospel audible, so the sacraments make it visible and experiential, and God stirs up faith by both means. Communion is a repeated act of remembrance and centering while baptism is meant to be done once.

### Position:

We celebrate the Communion at every Sunday morning Gathering. Communion is, and has been, central to Christian gatherings, worship, and practice. All who have faith in Christ are welcome to receive the bread and cup of the Lord as sure signs in remembrance of Christ's body given and Christ's blood poured out for us in his once-for-all sacrifice on the cross.

We come to the table to meet with Christ, remembering his sacrificial death which brings forgiveness and renewal. Though we do it weekly, it is not an empty ritual.

Communion is a time of centering as we remember what makes us a Christian and the Gospel call to live relentlessly for the cause of Christ's kingdom!

If parents are raising their children in the way of Jesus and helping them understand the beauty and mystery of the Gospel, then we welcome children participating in Communion under that parental guidance. We do not deem it necessary for children, nor anyone else, to have a comprehensive understanding of Christian doctrine in order to partake. There is no sense in allowing children to participate too soon; we want to be sure they have general understanding of the Gospel. So, as long as parents are committed to an ongoing dialogue with their children about what it means to remember and celebrate the death and resurrection of Christ through communion and what it means to follow Christ, living as one of his sent people than we encourage children to participate in our weekly celebration of communion.

Here are some things to keep in mind as you partake in the sacrament of Communion:

- We remember Christ's sacrifice for us, so *it doesn't matter what merit we bring to the Communion table.*
- We recognize there is a mystery to the table, so we *approach it with humility and reverence rather than know-it-all arrogance.*
- We also are declaring our fidelity to Jesus, whose supper it is, so we *point our lives toward him no matter how close or far we are from him.*
- Because Christ's redemption is only accessed by faith, *empty religion finds no place at the Communion table and faith in Christ is required.*

### For Further Reflection:

Please consider the following passages: 1 Corinthians 11:23-26; Matthew 26:26-29

We also have additional teachings on the matter(s):

- [Sacraments at Grace Church](#)

**About Grace Church Position Papers:**

The purpose of these papers are not to provide a comprehensive study on the particular topic, rather they are succinct statements on particular issues which represent our church's belief, mission + vision, and DNA. There are many Scriptural, historical, ecclesiological, and experiential reasons behind them. Have questions? Please feel free to inquire. We welcome the dialogue.

*To be wise is to be eternally curious. ~ Frederick Buechner*