

## **A GUIDE FROM THE ELDERS FOR COMMUNION AT HOME OR ONLINE**

This guide is aimed at helping those that wish to partake in the holy act of Communion either at home with your family or in an online chat setting. It should take approximately 10 minutes. This is only meant to serve as a guide.

If you are partaking at home or with a small group, have your bread and juice/wine ready. In the same way, if you are partaking in online setting, have it with you to partake together as one group.

### **1. Greetings and welcome to all present**

### **2. Sharing at the table**

If you're leading this Communion meeting, share a few words from your own experience on where you have encountered or seen the goodness of Christ expressed in the past week.

### **3. Group prayer**

If you want to use your own prayer please do so.

We've included the Lord's prayer as means for the group to pray together:

Jesus taught us to pray in this way  
*Our Father in heaven,  
hallowed be your name,  
your kingdom come,  
your will be done,  
on earth as in heaven.  
Give us today our daily bread.  
Forgive us our sins  
as we forgive those who sin against us.  
Lead us not into temptation  
but deliver us from evil.  
For the kingdom, the power,  
and the glory are yours  
now and for ever.  
Amen.*

### **4. Scripture reading**

Please feel free to use any scripture. We've suggested Matthew 11:28-30

*Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.*

## 5. Sharing the meal

Jesus says in John 6:51 "I am the living bread that came down from heaven. Whoever eats this bread will live forever. This bread is my flesh, which I will give for the life of the world.

### SHARING THE BREAD

a. If you're leading, read Mark 14:22:

*While they were eating, Jesus took bread, and when he had given thanks, he broke it and gave it to his disciples, saying "Take it: this is my body."*

b. If you're leading, share a prayer of thanksgiving for the bread

c. All participants take the bread as one, follow by a time of prayer and reflection.

### SHARING THE FRUIT OF THE VINE

a. If you're leading, read Matthew 26: 27-28:

*Then he took a cup, and when he had given thanks, he gave it to them, saying, "Drink from it, all of you. This is my blood of the covenant, which is poured out for many for the forgiveness of sins."*

b. If you're leading, share a prayer of thanksgiving for the cup

c. All participants take the cup as one, followed by a time of silent prayer and reflection.

## 6. Closing

If you're leading this Communion meeting (and feeling brave) end with a hymn or give closing thoughts

## 7. Parting blessing

If you want to use your own prayer or text please do so. We've suggested the Benediction of Aaron from Numbers 6: 22-26

*The Lord bless you, and keep you;  
The Lord make His face shine on you,  
And be gracious to you;  
The Lord lift up His countenance on you,  
And give you peace.  
Amen.*