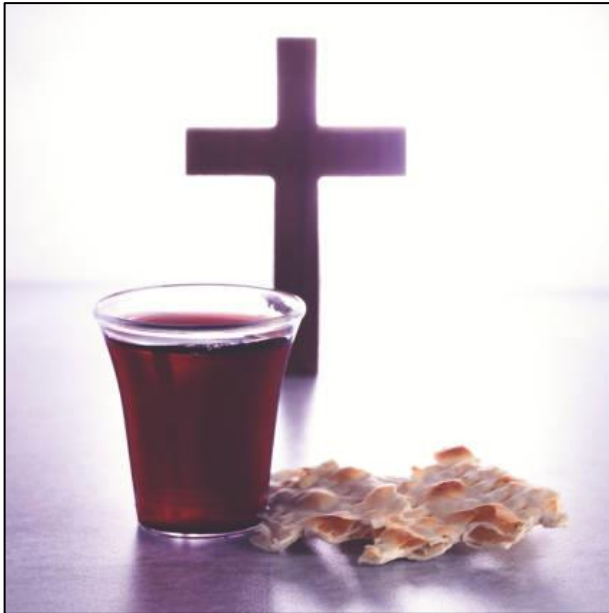




THE ARK CHURCH

COMMUNION



What is the meaning of Communion (Also known as the Lord's Supper)?

- It is a reminder and a symbol of Christ's death and resurrection
 - “For I received from the Lord that which I also delivered to you: that the Lord Jesus on the same night in which He was betrayed took bread; and when He had given thanks, He broke it and said, ‘Take, eat; **this is My body which is broken for you; do this in remembrance of Me.**’ In the same manner He also took the cup after supper, saying, ‘**This cup is the new covenant in My blood.** This do, as often as you drink it, **in remembrance of Me.**” 1 Corinthians 11:23-25
 - And as they were eating, Jesus took bread, gave thanks and broke it, and gave it to the disciples and said, “Take, eat; **this is My body.**” Then He took the cup, and gave thanks, and gave it to them, saying, “Drink from it, all of you. **For this is My blood of the new covenant, which is shed for many for the forgiveness of sins.**” Matthew 26:26-28
 - And as they were eating, Jesus took bread, blessed and broke it, and gave it to them and said, “Take, eat; **this is My body.**” Then He took the cup, and when He had given thanks He gave it to them, and they all drank from it. And He said to them, “**This is My blood of the new covenant, which is shed for many.**” Mark 14:22-24
 - And He took bread, gave thanks and broke it, and gave it to them, saying, “**This is My body** which is given for you; **do this in remembrance of Me.**” Likewise He also took the cup after supper, saying, “**This cup is the new**

covenant in My blood, which is shed for you.” Luke 22:19-20

- It is a statement of faith; proclaiming that Jesus paid the price for our sins and He is coming back again
 - “For as often as you eat this bread and drink this cup, **you proclaim the Lord's death till He comes.**” 1 Corinthians 11:26
 - “But I say to you, I will not drink of this fruit of the vine from now on **until that day when I drink it new with you in My Father's kingdom.**” Matthew 26:29
 - “Assuredly, I say to you, I will no longer drink of the fruit of the vine **until that day when I drink it new in the kingdom of God.**” Mark 14:25

How did it start being celebrated?

- Jesus started Communion during the Jewish Feasts of Passover and Unleavened Bread before His death. Together, these feasts are significant as the commemoration of the Lamb's blood saving the first born of Israel as God's judgment passed over them and the celebration of God delivering Israel from slavery in Egypt. (Exodus 12:1-27 & Leviticus 23:4-8). Jesus is our Passover Lamb. Communion reminds us that, as believers in Jesus Christ, we have been delivered from being slaves to sin and from living under its power by Christ's death. God's judgment passes over from us to Jesus, who willingly bears the judgment for our sins so we can have new and eternal life with God.
 - Now **on the first day of Passover Week** the disciples came to Jesus and asked, “Where do You want us to prepare for You **to eat the Passover?**”

And He said, "Go into the city to a certain man, and say to him, 'The Teacher says, "My time is near; I am **keeping the Passover** at your house with My disciples.'" The disciples did as Jesus had directed them; and **they prepared the Passover**... Now **while they were eating**, Jesus took some bread, and after having blessed it, He broke it and gave it to the disciples, and said, "Take, eat; this is My body." Matthew 26:17-19,26

- **On the first day of Passover Week**, when the **Passover lamb** was being sacrificed, His disciples said to Him, "Where do You want us to go and prepare for You to eat the Passover?"... The disciples left and came to the city, and found everything just as He had told them; and **they prepared the Passover**... **While they were eating**, He took some bread, and having blessed it He broke it, and gave it to them, and said, "Take it; this is My body." Mark 14:12,16,22
- And He said to them, "**I have eagerly desired to eat this Passover with you before I suffer**; for I say to you, I shall not eat it again until it is fulfilled in the kingdom of God."... **And when He had taken some bread** and given thanks, He broke it and gave it to them, saying, "This is My body, which is being given for you; do this in remembrance of Me." Luke 22:15-16,19
- **For Christ, our Passover lamb**, has been sacrificed. 1 Corinthians 5:7

Who should participate in Communion?

- Everyone who has accepted Jesus as their Savior and Lord and surrendered

their lives to Him. Communion is intended for those who will recognize Jesus' death on the cross for our sins and will celebrate what he has done for us.

- Therefore, whoever eats this bread or drinks this cup of the Lord **in an unworthy manner will be guilty of the body and blood of the Lord**... For the one who eats and drinks, eats and drinks judgment to himself if he does not properly recognize the body of the Lord. 1 Corinthians 11:27,29

How should we prepare ourselves for Communion?

- Communion is a time for reflection, repentance, and remembrance. It is important to examine what is in our heart and lives. If there is sin in our life, it is important to repent and ask God to forgive us before we partake in Communion.
 - **Self-Examination: Everyone ought to examine themselves** before they eat of the bread and drink from the cup. 1 Corinthians 11:28
 - **Confessing Sin: If we confess our sins**, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness. 1 John 1:9
 - **Recommitment to God:** Therefore, I urge you, brothers and sisters, in view of God's mercy, **to offer your bodies as a living sacrifice**, holy and pleasing to God—this is your true and proper worship. Romans 12:1
 - **Reconcile Relationships:** "Therefore, if you are offering your gift at the altar and there remember that your brother or sister has something against you, leave your gift there in front of the altar. **First go and be reconciled to**

them; then come and offer your gift. Matthew 5:23-24

When or how often should we have Communion?

- The Bible doesn't say when or how often believers should celebrate Communion. It just says that as often as we do it, we proclaim the Lord's death until He comes.
 - **For as often as you eat this bread and drink this cup**, you proclaim the Lord's death till He comes. 1 Corinthians 11:26

What are other benefits of Communion?

- Communion means sharing or exchanging intimate thoughts and feelings, or having close spiritual fellowship and union
 - **Communion should draw us closer to Jesus**. At the heart of Communion is our intimate fellowship with Christ.
 - **Draw near to God and He will draw near to you.** James 4:8
 - **The Lord is near to all who call upon Him**, to all who call upon Him in truth. Psalm 145:18
 - **Communion, when celebrated corporately, should unite believers**.
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? **Because there is one bread, we who are many are one body, for we all partake of the one bread.** 1 Corinthians 10:16-17