

A Personal Guide for Communion

Crossway Multinational Church

This guide is intended to help our people understand Communion/the Lord's Supper and to participate well.

What Communion Is

The Lord's Supper, also known as Communion, is one of the most important rituals that Jesus taught his followers to practice. Jesus described it as a special way to remember what He did for us when He was crucified, and also to receive and experience His grace to us. There are differences among Christians about how they understand and celebrate the Lord's Supper. But the essence is clear: Jesus gave his followers this ritual so that we would be strengthened and encouraged by His grace.

Crossway Multinational Church generally celebrates the Lord's Supper on the first Sunday of each month during our worship service. Crossway's practice follows one of the key descriptions of this ritual found in 1 Corinthians 11:23-26, a letter of the Apostle Paul:

"For I received from the Lord what I also passed on to you: 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." (NIV)

Crossway's practice is a simplified version of what Paul describes: each person who chooses to participate will receive a small piece of cracker or bread, and a small cup of juice. Sometimes we are served these elements where we sit, while sometimes we go to tables where they are provided for us.

Who should eat and drink

Everyone is invited and welcome to join us for worship services when we celebrate Communion. At the same time, **the Bible teaches that eating the bread or cracker and drinking the juice is a celebration meant for those who have put their faith and hope in Jesus Christ as Savior and Lord.** If you have not yet become a Christian, we ask you not to eat and drink the elements until you have become a Christian. Please join us for the service, but simply pass the elements on to the next person. **Children, as guided by their parents, are also invited to join in this practice once they have expressed a clear faith in Christ.**

If you are a Christian who is *not* coming in sincere humility, confessing your sin before God and receiving His forgiveness, and recognizing the amazing love that the sacrifice of Christ represents, we ask you not to join in eating the meal.

Instead, examine your heart and seek God's grace to soften your heart (see 1 Corinthians 11:27-32).

Relationship to Baptism

In our church, we celebrate Baptism and the Lord's Supper as the two specific rituals that Jesus taught and expected. Some churches require that people are first baptized before they participate in the Lord's Supper. One way to understand that restriction is that Baptism is a celebration of one's entry into the family of God in Christ while the Lord's Supper is a practice for those who are already a part of the family of God in Christ.

At Crossway, we encourage both Baptism and celebration of the Lord's Supper. We do not require that people be baptized before they participate in the Lord's Supper.

Are you ready for celebrating the Lord's Supper?

One way to consider if you are ready to celebrate the Lord's Supper is to confirm your understanding of the **Good News**, and to confirm that it is a reality in your own life.

Below is a brief outline of key aspects of the **Good News**. We suggest that you, working on your own or with your mentor, describe what each one means in your own words. (You can write your thoughts in the boxes) The verses are example passages you might consider to help you understand each aspect, although there are many others as well. In each of these passages, we encourage you to consider the whole passage, while in [brackets] we have indicated some verses that you can focus on if that helps.

1. God is perfectly holy

John 1:1-5; 1 John 1:5; Isaiah 6:1-5

2. All people have sinned and are separated from God

Romans 3:22-24; Romans 7: 21-24

3. God saves us by His Grace in Jesus Christ's death and resurrection

John 3:16-21 [16]; Romans 3:25-26

4. People receive this gift of salvation simply by having faith in Christ

Ephesians 2:1-10 [4, 8-9]

5. All who are saved are called to follow Jesus and the teachings of the Bible

Romans 12:1-2, 9-21 [1-2]

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6. Jesus will return to earth to bring His perfect kingdom

Revelation 21:1-8 [1-4]; John 14:1-7 [1-3]

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How has God worked in your life to help you understand and embrace these truths?

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