

Sharing Communion in Life Group

1. Buy the bread and grape juice, and ask a campus pastor to consecrate them.
2. In the group meeting, let the people know that the elements have been previously consecrated by a pastor.
3. Explain how the group will observe communion. Here's one possible way: Each member will serve one other member. The leader starts by going to one of the members, telling that person how he/she has blessed his/her life, saying "The body and blood of Christ, broken for you," and serving communion to the person. That person then serves communion to someone else in the same way, until the last person serves the leader. (It's important that the leader be served last, so that no one feels slighted because of being served last.) Before each person serves communion to the next person, you can also ask each person to say something they are thankful for, or tell how the person they are serving has blessed them, etc.
4. Before beginning to serve communion, pray:
 - Prayer of thanks that Jesus came for us, that we don't have to deserve or earn our way to the Communion table.
 - Acknowledgement that we have sinned: pause for silent confession.
 - "Lord thank you for the promise of forgiveness, that 'if we confess our sins, he is faithful and just to forgive us our sins and cleanse us from all unrighteousness.'" (1 John 1:8-9)
 - "This bread was broken in remembrance that Jesus gave his disciples the bread and told them 'This is my body.' He also took the cup and gave it to them saying 'this is my blood shed for you and for many for the forgiveness of sins. As often as you shall drink of it, do so in remembrance of me.'" (1 Corinthians 11:23-26)
5. Excess bread and grape juice can be disposed of in these ways:
 - a. The bread may be eaten, and the grape juice may be drunk.
 - b. Any uneaten bread should be put outside for the birds and for natural decomposition.
 - c. Any unconsumed grape juice should be poured out on the ground.
 - d. None of the consecrated bread or grape juice should be put in the trash or down the drain.