



WEEKLY EUCHARIST/COMMUNION IDEAS FOR GROUPS AND INDIVIDUALS

"What acts of honor do you do to your God," asked a Muslim gentleman after getting off his knees for the third time that day? "As Christians we partake of what we call, "The Eucharist" or "Communion," to remember the death and life of Jesus Christ, and to thank Him for His life-transforming love." I said.

Compiled here are a variety of ways to take the Eucharist/Communion for groups and for individuals. The ideas for groups will help you to get to know each other in deeper ways, and the ideas for individuals will help you approach the Lord's Table with some creative options. However don't feel any pressure that each week needs to be creative, different or long. When taking Communion, together or alone, it's simply enough to just show up, as a simple act of honor, that may only take a couple minutes, to remember Him, our Beloved.

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ENCOUNTERING CHRIST ENGAGING CULTURE EMANCIPATING THE OPPRESSED



SUGGESTIONS FOR THE GROUP

1) Together Read Romans 6 and identify with the death of Jesus, each sharing an individual area of struggle/weakness. Then partake of the elements, surrendering those areas to Him and inviting a greater intervention of His grace.

2) Prior to Communion pass around a piece of paper that says, "This Table is . . . " and have each write a statement as to what the act of Communion means to them. Then prior to partaking of the elements read out-loud everything that has been written. Play a worship song during the time of distribution.

3) "Encourage one another daily, as long as it is called Today, so that none of you may be hardened by sin's deceitfulness." Hebrews 1:13

After breaking the bread have each person serve it to someone, giving a word of affirmation and encouragement. Do the same with the wine/grape juice.

"We grow the most by receiving and giving tastes of Christ delighting in us." Larry Crabb

4) Share personal testimonies and stones of remembrance of areas each has experienced God's redemptive touch.

5) After breaking the bread, identify with the broken body of Jesus evident in the difficulties of those of closed loved ones, family and friends. Intercede on their behalf.

6) "Understand it if you can, tis Love Himself who pleads, wherever you wound the Son of Man, the Son of God still bleeds. Until sin on earth is wholly slain will God's own heart be healed of pain." Hannah Hurnard

Identify with the sins and injustices being done in your city/nation and repent on their behalf and pray for reconciliation.



SUGGESTIONS FOR THE GROUP CONTINUED

7) Have everyone contemplate the question, "If you were to die soon what have been two of the most important truths about God that has affected your life." After a time of sharing partake of Communion, entering into a time of worship.

8) Get various names of God off the Internet. Have each person give a testimony on which Name he or she most appreciates this week, and/or the one he or she is least familiar with but would like to explore and understand.

9) Say The Lord's Prayer out-loud together (Psalm 23 another time), then wait in silence. What phrases or images come to mind, what stands out, and why?

10) SILENT COMMUNION regarding talking. Candles can be lit around the home/venue. Music possibly playing. Everyone individually goes and partake of the elements, as they feel led.

11) Have each person share a favorite Scripture passage with an explanation why, giving honor to the written word before partaking of the Living Word.

12) "When he was at the table with them, he took bread, gave thanks, broke it and began to give it to them. Then their eyes were opened and they recognized him." Luke 24: 30,31.

Ask ourselves: "Where are we spiritually blind?" Confess specific needs to see self, God, and His movements in the world more clearly. God can most easily be lost by being thought found. "For judgment I have come into this world, so that the blind will see and those who see will become blind." John 9:39

We see clearly when we're thankful; we see clearly when we respond quickly to the needs of others around us, we see clearly when we live in continual hope. Approach Communion with these thoughts and invite the Holy Spirit to "search us and know us" and to open our spiritual eyes that we may see.



SUGGESTIONS FOR INDIVIDUALS

Alone... but not!

- 1)** Prior to partaking of the elements, Scripture pray Psalm 51, allowing the Lord to "search you and know you," followed by a time of repentance where needed. After taking the bread and wine/grape juice, read Colossians 1:15 -23 and have a time of personal thanksgiving and worship.
- 2)** Meditate on the Scripture verses found on www.fathersloveletter.com while taking Communion.
- 3)** Read Romans 6, identifying with the life and death of Jesus and contemplating your own spiritual journey. Have what Oswald Chambers calls your own personal white funeral. As the Holy Spirit searches and knows you, lay down in your own imagined casket old ways of thinking that you need to die to, attachments that may have crept into your life, self-centered identities, etc. After partaking of the elements read Romans 8.
- 4)** Write down a list of the people you've encountered who had physical and/or spiritual needs and brokenness in the last week and intercede for them. Partake of the elements on their behalf. Continue to pray for them throughout the week.
- 5)** Read slowly Isaiah 53 while taking communion. Afterward read Psalm 23.
- 6)** Check the web for the top global needs, as well as those in your neighborhood and State/country, and have the Eucharist/Communion centered on these issues, the injustices, and pain caused to the heart of our Lord. Pray for reconciliation.



SUGGESTIONS FOR INDIVIDUALS CONTINUED

7) With music in the background and your palms facing downward, quote the Jesus prayer: "Jesus, son of David, have mercy on me a sinner." Wait in silence and let go of any sin or trust issues He reveals to you. After the elements, with your palms opened and facing upward receive forgiveness, comfort and anything you need from God.

8) "Our trust is our gift back to God, and He finds it so enchanting Jesus died for the love of it." Brennan Manning. Read Psalm 32 and respond. As you meditate on verse 10 let go of any issues of lack of faith and trust and then envision yourself as being surrounded and filled with His unfailing love.

9) Scripture pray Psalm 34, adding your own words where you feel lead, and personalizing the text to where you are in life today.

10) "Praise the Lord, O my soul; all my inmost being, praise his holy name. Praise the Lord O my soul, and forget not all his benefits - who forgive all your sins and heals all your diseases, who redeems your life from the pit and crowns you with love and compassion, who satisfies your desires with good things so that your youth is renewed like the eagle's." Psalm 103:1-5

Consider and contemplate "all his benefits" and have a time of thanksgiving for everything from eyesight, to creation, to family and friends, etc.

"I awake each day with a winged heart, thankful for another day of loving." Emerson