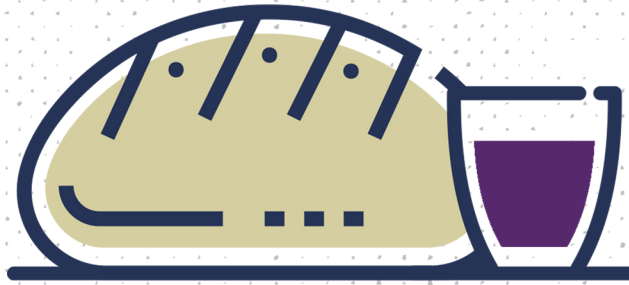


Communion Guide



The “Lord’s Supper,” or Communion, involves eating bread and drinking from the cup to remember Jesus’s life, death, and resurrection and look forward to His coming kingdom. The bread represents Jesus’s broken body, and the cup represents Jesus’s blood, shed on the cross for the forgiveness of sin.

When the children of Israel called out to God for deliverance from bondage in Egypt, He heard their cries and answered them. God sent Moses to tell Pharaoh to let His people go, but Pharaoh refused. God sent ten plagues on the land to show Egypt and His people that He is the one true God whom Pharaoh should obey. The final plague was the death of each firstborn son throughout the land, but God was gracious to provide a way for His people to escape death through the Passover.

The Passover is recorded in Exodus 12 and features every family taking a spotless lamb, sacrificing it, and then eating the lamb as part of a meal. The family would then spread the lamb’s blood on the door as a sign to the Lord that His children were in the house. Then, when the Lord went through the land, striking down the firstborn sons in homes, He would pass over the homes with blood around their doorframes.

God established the Passover meal to be celebrated yearly to remember how He delivered His people from Egypt. This was

the meal Jesus and His disciples were celebrating on Thursday evening of Passion Week when Jesus instituted the Lord's Supper:

“As they were eating, He took bread, blessed and broke it, gave it to them, and said, “Take it; this is my body.” Then He took a cup, and after giving thanks, He gave it to them, and they all drank from it. He said to them, “This is my blood of the covenant, which is poured out for many.” Mark 14:22-24

Just as God's people in Egypt were spared from death by the blood of the lamb, we too, are spared from death by the blood of the lamb who was slain. (John 1:29, Revelation 5:6). While the disciples probably didn't understand how Jesus was adding to the meaning of the Passover during that first Lord's Supper, they would soon after. Later that night, Jesus was betrayed and arrested, and then the next day, He was crucified, and they would see His body broken and blood shed for the forgiveness of sin.

When we partake of the Lord's Supper today, we look back on what Christ has done to provide the forgiveness of our sins—His perfect life, perfect sacrifice, and bodily resurrection—as we also look forward to the day when Jesus said we would eat of this meal with Him in the fullness of God's kingdom in the future. Because of what the Lord's Supper represents, only those who have trusted in Jesus should participate.