

Communion

January 1, 2023

Have you ever wondered why Christians eat a small piece of bread and drink a sip of wine (or grape juice) in some church services?

For thousands of years, the Church has continued a practice called communion, or depending on different church traditions, the Lord's Supper or the Eucharist. Communion uses bread as a symbol for Jesus' body and wine as a symbol for His blood.

Where Did Communion Come From?

Jesus introduced the practice of communion right before his death on the cross.
Cf. **Mark 14; Matthew 26**

John 6:35, 48-51

35 Jesus said to them, "I am the bread of life; whoever comes to me shall not hunger, and whoever believes in me shall never thirst.

48 I am the bread of life. 49 Your fathers ate the manna in the wilderness, and they died. 50 This is the bread that comes down from heaven, so that one may eat of it and not die. 51 I am the living bread that came down from heaven. If anyone eats of this bread, he will live forever. And the bread that I will give for the life of the world is my flesh."

Why Christians Do Communion

It's not about the bread and wine; it's about the body and blood of Jesus. It's not about the ritual or the method; it's about listening to Jesus and doing what He says. Communion celebrates the Gospel: Jesus was broken for us so that we can be fixed by Him.

1 Peter 3:18 *For Christ also suffered once for sins, the righteous for the unrighteous, that he might bring us to God, being put to death in the flesh but made alive in the spirit,*

Communion is important because it's a command to remember. Jesus wants us to remember every time we taste bread and wine, and even when we sit at the tables in our own homes, that He is the one who provides all we need—physically and spiritually.

1 Corinthians 11:26 *For as often as you eat this bread and drink the cup, you proclaim the Lord's death until he comes.*

Reasons Not To Do Communion (Repent)

- When there is division.

1 Corinthians 11:17-19

17 But in the following instructions I do not commend you, because when you come together it is not for the better but for the worse. 18 For, in the first place, when you come together as a church, I hear that there are divisions among you. And I believe

it in part, 19 for there must be factions among you in order that those who are genuine among you may be recognized.

- When the focus is about you, not God.

1 Corinthians 11:20-22

20 When you come together, it is not the Lord's supper that you eat. 21 For in eating, each one goes ahead with his own meal. One goes hungry, another gets drunk. 22 What! Do you not have houses to eat and drink in? Or do you despise the church of God and humiliate those who have nothing? What shall I say to you? Shall I commend you in this? No, I will not.

- When there is unrepentance.

1 Corinthians 11:27-31

27 Whoever, therefore, eats the bread or drinks the cup of the Lord in an unworthy manner will be guilty concerning the body and blood of the Lord. 28 Let a person examine himself, then, and so eat of the bread and drink of the cup. 29 For anyone who eats and drinks without discerning the body eats and drinks judgment on himself. 30 That is why many of you are weak and ill, and some have died. 31 But if we judged ourselves truly, we would not be judged.

Repentance means to have a change a mind.

Taking communion doesn't make you a Christian. It doesn't save your soul or get you to heaven. **It was given for someone who is already a Christian to reflect, repent, and respond.**

Respond

1 Corinthians 11:23-25

23 For I received from the Lord what I also delivered to you, that the Lord Jesus on the night when he was betrayed took bread, 24 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." 25 In the same way also he took the cup, after supper, saying, "This cup is the new covenant in my blood. Do this, as often as you drink it, in remembrance of me."

Matthew 26:30 *And when they had sung a hymn, they went out to the Mount of Olives.*
Cf. Mark 14:26