

# ONE AT HOME

# COMMUNION REFLECTION

During the Last Supper, Jesus served His closest friends bread and wine that symbolized Jesus giving His body and blood for our sins. Today, Christ followers remember Jesus' sacrifice on the cross and examine our lives as we take part in Communion.

*For whenever you eat this bread and drink this cup, you proclaim the Lord's death until He comes.*

**1 Corinthians 11:26 (NIV)**

## **Examine & Pray**

First, take a moment to examine yourself and allow the Holy Spirit to show you any sin in your life, and ask Jesus for His forgiveness.

**1 Corinthians 11:28 (NIV)**

*Everyone ought to examine themselves before they eat of the bread and drink from the cup.*

## **Take & Eat**

Second, eat the cracker that represents the body of Christ. Remember how His body was broken for our sins.

**Matthew 26:26 (NIV)**

*While [the disciples] were eating, Jesus took bread, and when he had given thanks, he broke it and gave it to his disciples, saying, "Take and eat; this is my body."*

Prayer: "Thank you for the bread. I remember your body that was broken for me."

## **Take & Drink**

Third, drink the juice that represents the blood of Christ. Remember the new covenant, or promise, that we can be free from all sin through Christ's shed blood.

*Then he took a cup, and when he had given thanks, he gave it to them, saying, "Drink from it, all of you. This is my blood of the covenant, which is poured out for many for the forgiveness of sins. **Matthew 26:27-28 (NIV)***

Prayer: "Thank you for the cup. I remember your blood that was shed for my forgiveness and the promise that I will live eternally with you."

Final prayer: "Jesus, thank you for your sacrifice. I am free because of you."