



Take Communion

An Act of Intimacy

Communion is history, intimacy and hope all entwined together as a celebration of all the Lord Jesus is, has done, and will do, in your life. 1 Corinthians 11:26 tells us: “For whenever you eat this bread and drink this cup, you proclaim the Lord’s death until He comes.” As historical fact, Jesus died for you. The act of taking communion celebrates and honors that fact. Jesus is with you now and taking communion is another way to share intimacy and fellowship with Him. Finally, communion provides an opportunity to express your hope in the soon return of Jesus, the Hope of Glory (Col 1:27).

Taking communion is typically thought of as something done in a church service. However, the reality of an intimate, living, daily relationship with Father, Son and Holy Spirit, can, and should, include taking communion at home. You can take communion daily, weekly or however often you like. Whether taking it alone or with family members, entering into communion at home is a powerful way to pursue God and become one with Him (John 17) in greater intimacy. Taking communion at home is also a way to submit to Him, listen to Him and receive from Him as He communicates His heart to you. You will then be empowered in a greater way to let that “River of Living Water” flow out to those around you.

Taking communion is a simple, but beautiful, act of intimacy. All you need is bread (typically unleavened – such as matzo) and wine (or juice). The unleavened bread is a symbol of the sinless life of Jesus which was given to redeem our wickedness and rebellion. The wine or juice is a symbol of the shed blood of Jesus.

The Bread. Take the bread with a grateful heart. It is a reminder that Jesus came in physical, human form to experience all that it means to be one of us and to surrender His sinless life to redeem us from sin. Consider reading Matthew 26:26 out loud prior to eating the bread.

The Wine. Next take the wine (or juice) with thanksgiving. Let it remind you that Jesus poured out His life for you, for His life is in the blood (Leviticus 17:11). Consider reading Matt 26:27-28 out loud prior to drinking the wine.

As the bread and wine naturally flow to every cell in your body, let the grace and virtue of the Holy Spirit flow to every part of your being. Do this with sober awareness of your need for His purity to cleanse every thought, feeling, word and deed. (1 Corinthians 11:28) Receive and enjoy God's grace for newness of life. (2Corinthians 5:17)

Whenever you eat and drink, remember and rejoice!