

Remembering Jesus

Jesus left His followers two ordinances to help them to remember Him: *Baptism* and the *Lord's Supper* (sometimes called Communion or Eucharist). These two ordinances are purely symbolic and can be defined as outward rituals commanded by the Lord to be observed by all believers throughout their lives on earth.

The Lord's Supper should be seen by all believers as a very special event in their lives and in the life of their church, reminding them of their hope which is in Christ's death and resurrection.

Having a right understanding of what Communion is about will make it possible for you to share in the joy and blessings of this victory celebration. It will also help deepen your relationship with God and with other believers in your church.

In this session, we will consider various aspects of the Communion Supper:

- Authority
- Symbolism
- Reflection
- Benefit; and
- Frequency.

Authority

The Lord's Supper was instituted by Jesus and celebrated with His disciples on the night of His betrayal and arrest (Matthew 26:26-30 and 1 Corinthians 11:23-26).

Symbolism

According to 1 Corinthians 11:23-26, what do the symbols used in the Lord's Supper represent?

The Bread (v. 23-24) _____

The Cup (v. 25) _____

Both together (v. 26) _____

Reflections

When celebrating the Lord's Supper we can experience the Lord in unique ways. At this time we have an ideal opportunity to reflect ...

- **Backward:** Gratefully remembering Christ who suffered and died for us (sinners)
- **Forward:** Reminding ourselves of Jesus' promise to return for us; one day we will be with Him in Heaven
- **Inward:** Examining our lives – confessing any sins and re-dedicating our lives to the Lord
- **Outward:** The Lord's Supper is a communion, an honest sharing *together* in *oneness* with other believers. We have been united through Jesus. A question to ask yourself at this time is: *"How is my relationship with others?"*

Benefit

The benefit in sharing in the Lord's Supper has both a spiritual and physical dimension.

Spiritual

By eating and drinking the Communion elements you show your acceptance of all that is signified by the body and blood (death and resurrection) of Jesus.

What does 1 Corinthians 10:16-17 says about this?

Physical

The Communion elements also represent the physical dimension of food and drink, necessary to sustain our physical lives. Our need for physical food reminds us of our need for the Lord Jesus Christ – our spiritual food.

What does Jesus say about this in John 6:35?

Frequency

Scripture does not say how often we should observe the Lord's Supper. Some churches celebrate Communion weekly, some bi-monthly, and others monthly.

Frequency is therefore a matter of personal choice. It's up to each individual church to decide. However, care must be taken to prevent the Holy Communion from becoming a meaningless ritual.

The elements commonly used to symbolise the body and blood of Christ are bread and grape juice, or wine (according to the tradition of your church).

Summary

The Lord's Supper should be practiced as a very special celebration event in the life of every believer and church:

- It's a special time to express your heart felt thanks and gratitude to your Heavenly Father for the sacrificial gift offering of His Son through His death on the cross and His resurrection
- It's also a special time to remember your eternal hope which is in Christ. You are a new creation (2 Corinthians 5:17)
- It's also an opportune time to be honest about your relationship with others in your life. Communion with the Lord demands communion with one another.

Sharing Communion in our Lord is a privilege and should always be taken very seriously.

Enjoy this special time with a sincere heart of thanks and with a spirit of celebration because, through Jesus, you are being reminded that you *have* the victory over sin and death.

Communion also reminds us of our eternal *oneness* with Jesus, our God and Saviour, and with each other.



