garden assembly
CHURCH

TAKING COMMUNION WHILE FASTING RESOURCE GUIDE

When taking the Lord's Supper/Communion at home, here are some helpful tips:

Start with prayer, worship and thanksgiving.

- Put on a worship song and sing about the cross, body, or blood of Jesus and sit with the Lord reflecting on what He has done for us until gratitude and praise fills your heart.

Oh The Cross by Upperroom: https://youtu.be/IC5g-nZRwBU?feature=shared

Read the following passages of scripture out loud:

- **Matthew 26:26-30** Jesus institutes the Lord's Supper/Communion.
- **John 6:53-57** Jesus gives us the promise of life to all who consume His body and blood.
- **1 Cor. 11:23-30** Paul gives instructions to examine ourselves, and gives a warning about approaching the Lord's Supper/Communion with reverence. Ask the Lord to search you, confess any sin you are made aware of, and release forgiveness for anyone who has hurt or offended you.

Intentionally acknowledge and give thanks for the following in prayer:

- The body of Jesus in which we have been reconciled to the Father .
    - **Colossians 1:22** But now he has reconciled you by Christ's physical body through death to present you holy in his sight, without blemish and free from accusation…
- The body of Jesus that was broken for us that we might be made whole and healed.
    - **Isaiah 53:1-6** But he was pierced for our transgressions, he was crushed for our iniquities; the punishment that brought us peace was on him, and by his wounds we are healed.
- The blood of Jesus that has forgiven us, cleansed us and set us free from sin.
    - **Heb. 9:14** How much more, then, will the blood of Christ, who through the eternal Spirit offered himself unblemished to God, cleanse our consciences from acts that lead to death, so that we may serve the living God!
- The blood of Jesus that speaks a better word. Reminding us that He is the mediator of the new covenant for us.
    - **Heb. 12:24** to Jesus the mediator of a new covenant, and to the sprinkled blood that speaks a better word than the blood of Abel.
- There is blessing and intimate fellowship with Jesus through the cup and bread.
    - **1 Cor. 10:16** The cup of blessing which we bless, is it not the communion of the blood of Christ? The bread which we break, is it not the communion of the body of Christ?

Once you are ready, receive the bread and the cup of the Lord.

- It doesn't matter if you use bread or crackers and get your own grape juice, or use/order prepackaged Communion cups, like we use in church (which can be ordered online).
- Take your time, don't rush. Linger in His presence, let Jesus touch you, encounter you, reveal Himself and the gospel to you in a fresh way! Receive His love and forgiveness.
- Be expectant for Him to speak and even move through miracles, healing, deliverance as you receive His body and blood.

End by thanking Jesus for inviting you to His table, for hosting you, and serving you His bread and wine, His body and blood.

- Close out lifting up prayer requests, for your life, family, and friends.
- It's also powerful to end with the Lord's prayer found in **Matthew 6:9-13**

Additional resources:

Communion Conversation Part 1:
https://www.youtube.com/watch?v=V3XQd1HUQ8A

Communion Conversation Part 2
https://www.youtube.com/watch?v=Mc88H5j3UNw