

TAKING COMMUNION

in your riv communities

Communion has been practiced by believers throughout history because it is one of the primary ways we remember the suffering, death, and resurrection Jesus endured on our behalf. In the Gospel accounts (see Luke 22:19) Jesus ate bread and drank from the cup, and then He told His disciples to “do this in remembrance of Me.” Per Jesus’ command, the practice of communion, or the “Lord’s Supper,” should be part of the regular rhythm in a church community.

At Riverview, we take the Lord’s Supper during our weekend services and Life Groups. Without “in-person” weekend services, our hope is that communion would still be a regular practice through the gatherings of our Life Groups and Riv Communities.

Here are a few thoughts to consider as you plan for communion in a smaller group setting:

- 1.** Be prepared. Get the communion elements in advance: a small bottle of grape juice and some bread is all you need. Make sure you have individual cups to hold the bread and juice for each participant, in order to maintain safety guidelines. For the bread, you can use whatever bread or crackers you prefer. You may also consider a gluten free option so everyone may partake. For the juice you also have the freedom to use wine if you’d prefer.
- 2.** Keep it simple. This doesn’t need to be a major production. There are no special words that need to be said, and you don’t need a pastor to be present in order to partake in communion. It’s simply a group of believers taking a few moments to remember and thank Jesus.
- 3.** Have a structure. Here’s a simple format you can use for your time of communion:
 - Start with the “why.” As the communion elements are being distributed, remind everyone of the purpose behind communion, which is for us to take some time to remember the saving work of Jesus in our lives.
 - Read the scripture. Share a few verses of the Gospel accounts (Matthew 26:26-28, Mark 14:22-26, or Luke 22:18-20) to help people connect with Jesus’ original command. Or, you can turn to Paul’s description in 1 Corinthians 11:23-26.
 - Pray (silently or in a group). Allow some time for the other members of your group to pray. Encourage them to consider prayers of gratitude and confession, and also to pray for unity among believers. You might also want to ask someone in your group in advance if they’d be willing to open or close that time of prayer.

You can find more information about communion at rivchurch.com/communion.

