

C3 Group Communion

Your group is encouraged to take communion together at least once during the semester.

Communion is called a sacrament: A sacrament is something a follower of Jesus is commanded to experience. There are two sacraments: Baptism and Communion. Communion Sacrament is a ritual of remembrance, recalling and celebrating that Jesus Christ is the atonement for our sin. In the early church communion was performed in homes as people ate together and spoke about Jesus' presence in their life. So, communion doesn't just have to happen on Sunday mornings or at a special Night of Worship. Groups are an effective and appropriate place to celebrate it too.

What do I do?

The Group Leader will provide the group with some context by choosing in advance and reading a passage of Scripture about Jesus' death, burial, and resurrection. These are good options:

- Psalm 23
- Ephesians 2:1–10
- Isaiah 53
- Mark 15:21–29
- 1 Corinthians 15:1–8
- Galatians 2:16–21
- Philippians 2:1–11
- 1 Corinthians 11:23-26

What do I need?

- A loaf of unsliced bread or any bread like wafers
- Grape juice in a wide cup or juice glass
- A willing group

Group Communion Logistics: Individual communion packs are available from the church office or you can use your own "elements". It is easy to purchase a loaf of French bread and a bottle of grape juice. You can either "dip" the bread in a cup of juice or use small individual cups. The church can provide you with small communion cups. If your group meets at the church, you can contact the church office about utilizing the church communion elements.

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Leader FAQ

Talk with your group about celebrating communion at least a week before you do so. They'll probably have some questions. Helpful guidelines for navigating the three most common questions follow.

Your Groups Team Leader can help you with any issues that aren't covered here.

What is communion?

Communion is an opportunity for followers of Jesus to remember and celebrate what he has done for them through his death and resurrection. The communion bread and wine (or juice) represent Jesus' broken body and shed blood. They're reminders that we are forgiven through his sacrifice. First Corinthians 11:17–32 says that believers should approach communion thoughtfully, examining themselves before eating the bread and drinking the juice. It is also a celebration and does not have to be somber or dark.

Who should celebrate communion?

It's critical to see communion as a reminder not a ritual. There is no efficacious effect for taking communion. Therefore, each member of your group should decide for themselves whether they'll celebrate communion. At C3, our opinion is that since 1 Corinthians 11 implies followers of Jesus in the instructions, communion is an opportunity to give nonbelievers in your group an opportunity to choose a personal relationship with Jesus Christ.

Where should communion be celebrated?

While some of more formal Christian denominations believe that communion is ideally presented in the main church service and only administered by a priest, minister, or pastor, at C3 we believe it's entirely appropriate to celebrate it in homes and other places. In fact, we believe God invites us to celebrate it anywhere we want and as often as we want. We also believe that you don't have to be an ordained pastor to serve communion. Strategically, a Group leader, or assistant is the best person to serve communion. It's a great opportunity to demonstrate servant leadership.

If members of your group disagree, that's okay. Remember, you are not responsible for convincing them to celebrate communion if they don't want to.

