



Preparing for Communion at Home

For I received from the Lord what I also passed on to you: The Lord Jesus, on the night he was betrayed, took bread, and when he had given thanks, he broke it and said, "This is my body, which is for you; do this in remembrance of me." In the same way, after supper he took the cup, saying, "This cup is the new covenant in my blood; do this, whenever you drink it, in remembrance of me." For whenever you eat this bread and drink this cup, you proclaim the Lord's death until he comes. 1 Corinthians 11:23-26

The COVID-19 pandemic has altered our work, social interactions, shopping, eating and even our worship services. In the midst of change, we can lean into foundations of our faith to guide us through these uncharted waters. One life-giving, consistent guidepost we can observe during this time is partaking in the sacrament of communion. Communion has been a connection over time and space to the whole body of Christ.

At Trinity Church, we typically observe communion during the first Sunday service each month. When we are meeting online for our services, we will receive communion in our homes. Our pastors will lead us through receiving communion and reciting Communion Liturgy which is read responsively by the leader and the congregation, and there are a couple of steps to take before you join us online for Communion.

• Know You Are a Christian

The sacrament of Communion is symbolic of the unity a Christian has with Christ. 1 Corinthians 10:16 asks, *"Is not the cup of thanksgiving for which we give thanks a participation in the blood of Christ? And is not the bread that we break a participation in the body of Christ?"* Those who belong to Christ have unity with Him through forgiveness of their sins through Christ's death on the cross. Today, you can know that you are a Christian by receiving Jesus as your Savior. If you have questions about your relationship with Christ or eternity, please reach out to online@trinitychurchvb.com and we will contact you. If you will have children or people who are new to faith with you, talk about Christ's plan for salvation and if they desire to receive communion, assist them in understanding to make an informed decision.

• Prepare Your Heart

In 1 Corinthians 11:28, the Apostle Paul exhorts Christians by saying, *"Everyone ought to examine themselves before they eat of the bread and drink from the cup."* Take a moment to reflect on any unconfessed sin in your life. Do you need to repent to God for any wrongdoing? Do you need to apologize to anyone? 1 John 1:9 says, *"If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness."* Take a moment to examine your heart and ask God for forgiveness of your sins.

• Gather Some Supplies

Communion is typically observed by using wine or grape juice and unleavened bread, however, please don't feel any pressure to purchase special elements. Whatever you are using, it will become symbolic of the body and blood of Jesus Christ. Simply use whatever bread or crackers you have on hand or bake yourself. Any type of grape juice, red wine or other beverage is fine to use. Have these supplies with you when the service begins; the pastor leading communion will guide you when using them.

Even though we are apart physically, we can look forward to gathering together spiritually by receiving communion. We pray God enrich you immensely as you observe communion in your home.

