

## Living for Jesus meditation

A simple communion service for those gathered in your home.  
You will need some form of bread, and grape juice

1. Read the following passage

Matthew 26:26-29 (NIV)

<sup>26</sup> While they were eating, Jesus took bread, and when he had given thanks, he broke it and gave it to his disciples, saying, "Take and eat; this is my body."

<sup>27</sup> Then he took a cup, and when he had given thanks, he gave it to them, saying, "Drink from it, all of you. <sup>28</sup> This is my blood of the covenant, which is poured out for many for the forgiveness of sins. <sup>29</sup> I tell you, I will not drink from this fruit of the vine from now on until that day when I drink it new with you in my Father's kingdom."

2. Pass out bread and grape juice, but wait and eat it together
3. Have someone read the following and give instructions

"Please take the bread and hold it, and we will eat together. The same with the juice.

On the night he was handed over, our Lord Jesus Christ took bread, and after giving thanks to God, broke it and gave it to his disciples. He said, "Take, eat; this is my body which is given for you. Do this in remembrance of me."

Prayer: "God of grace, we thank you for this bread, as it symbolizes your son Jesus who came to save us. The love of Jesus shines through the years, His death on the cross, his broken body is a reminder of how you provide eternal life. As we eat this bread, use it to remind us that we are part of his body, living for Him. AMEN."

"The body of Christ, broken for you."

Eat the bread together.

"Please take the juice and hold it, and we will drink together"

"After supper Jesus took the cup of wine; and after giving thanks gave it to them and said, "Drink this, all of you; this is my blood of the new covenant which is shed for you and for many for the forgiveness of sins. Whenever you drink it, remember me."

Prayer: "Thank you Jesus for loving us to the end of your life. We drink this juice remembering your sacrifice for our sins, your love has never ended, your love still gives life, hope and reminds us that you deeply love us. AMEN."

"The blood of Christ was shed for you."

Drink the juice together.

Challenge everyone to take a moment to remember the Sacrifice of Jesus and how He loves them.

Challenge: "Take a moment and find a quiet place to think about how much God must have loved us that he sent his son Jesus to die for us."

Dismiss the group into a time of quiet reflection.