

Sharing the Lord's Supper

The Lord's supper was started on Jesus' last Passover meal that he had with His Disciples. The Passover meal was in remembrance of the time in the Exodus story where the Destroyer "passed over" the houses of the Israelites whose homes were marked by the blood of the sacrificial lamb. Death entered the homes of those who were not marked by this sacrifice.

Jesus reframed this story in Exodus by telling them He was giving them a new covenant...a new promise of favor with God. He told them to remember this covenant when they would eat together in the future.

The early church remembered this when they would meet together. They would have "love feasts" on the first day of the week where young and old, rich and poor, men and women, different ethnicities, and different social statuses all gathered together as equals at a table. They would eat a meal together, and would begin the meal with this ritual.

How To Facilitate the Lord's Supper

Whether or not your group shares a meal together, you can regularly share the Lord's Supper together. Have one person facilitate the time. They can pass out pieces of bread and have one or more cups prepared. Then say:

The Lord brought us all as equals to this table, equally loved by God and forgiven of our sin by His sacrifice. We are brothers and sisters together, loved by God and formed into one Body together. I admonish us, as we remember the Lord's forgiveness for us, let us make sure to not carry any offense or unforgiveness of others. Let's take a moment in silence to forgive others and repent of our sin. (Pause for silence)

Let us remember together...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."

Let us take the bread and eat together. (Pause to eat together)

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."

Let us drink together, remembering that whenever you eat this bread and drink this cup, you proclaim the Lord's death until he comes. (Pause to drink together, then pray a prayer of thanksgiving)