

Leading Communion in your T-Life Group

Communion Focused Meal

#1 SAVE THE DATE (Pre group meeting)

Schedule an evening to have a potluck style meal where everyone brings a dish element or two. Think big (i.e. Thanksgiving style, celebratory). When discussing, communicate that the sole purpose of this particular time is to fellowship and eat together, with the central focus of taking communion at the conclusion. Help your group members plan ahead for this date by choosing the date far enough in advance.

#2 MEAL SET UP (Day of group meeting)

As best as you can, set up the meal environment so that it feels bigger and more celebratory than a normal meal together (i.e. upbeat worshipful background music, table décor, candles etc). If possible, place communion elements in center of dinner table, room, or location prior to eating together. Try to make it the central focus.

#3 GATHER, EXPLAIN, AND PRAY

After the meal is set up and ready, gather everyone in a circle. Give an overview of the evening, explain that the meal discussion will be guided, and provide a short explanation of what communion is and why we take it. (*If needed, refer to the document “What Communion is and Why we take it.”*) Pray over the meal, asking Him to prepare your hearts as you spend time remembering who He is and what He has done.

#4 MEAL DISCUSSION AND SHARING

As people are eating, read or have someone read the selected passage. Then ask everyone to give their answer to the question that follows sharing one thing. Then pray for that element before moving to the next passage.

- **1 Thessalonians 5:16-18.** As we open up our meal together, where would you like to “give thanks” to God on a personal level?
 - *Pray: Someone praise God for all the things that were shared.*
- **Ephesians 2:19-22.** God has been doing great things in our church. Where do you see God moving and doing His transforming work in our church?
 - *Pray: Someone praise God for all the things that were shared.*
- **Luke 15:1-7.** Thinking about the people in your “orbit” or specifically your Reach One, who would you like to see come to put their faith in Jesus? Briefly share about that person and how you have been investing in them.
 - *Pray: Someone lift up all the names that were shared and pray that God moves in their hearts.*

#5 DISTRIBUTE

The final element of the meal is to literally “break bread together.” Read **Acts 2:42-47.**

- After reading the passage, take the loaf of bread and break it in two, and then break off a piece for yourself and pass to your neighbor to do the same until all people broken off a piece.
- Then take the wine/juice and pour a small amount for your neighbor and have each neighbor do the same for their neighbor. (You can distribute the cups in whatever way is easiest for your group.)

#6 PARTAKE

- **The Bread:** Read **1 Corinthians 11:23-24**, say “*this represents Christ’s body broken for you*”, then eat together.
- **The Wine/Juice:** After a few moments, read **1 Corinthians 11:25-26**, say “*this represents Christ’s blood shed for you*”, then drink together.

#7 PRAISE

End by you (or someone else) praying to praise and glorify Jesus for who He is, what He has done through His death and resurrection, and what He has promised will do.