

Leading Communion in your T-Life Group

Self Examine Communion

Have everyone sit in a circle, then follow the steps below. To help create a good atmosphere, you can have worship music playing quietly in the background.

#1 EXPLAIN

Give 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*”.

#2 SELF-EXAMINE

Give everyone few minutes to pray in silence to self-examine in two ways.

- (1) Their relationship with Jesus; if there is any sin that is hurting their relationship with Him they need to repent of, or any next steps He is inviting them to take to follow Him
- (2) Their relationship with Jesus’ church; if there is any sin against others they need to confess, anyone they need to forgive, or any relationship they need to reconcile

Afterwards, if you like to, you can give anyone who’d like to an opportunity to share/confess anything God put on their heart during this time. You (or someone else) can pray over the people who share if you’d like to as well.

#3 CHALLENGE & PRAY

Encourage everyone that as they take communion today, to surrender to Jesus and follow Him as the Leader of their life (their Lord) by taking whatever next step they felt Jesus’ inviting them to take during their time of self-examination. Take time to have one or more people pray out loud for everyone.

This is a great opportunity to ask people who have never put their faith in Jesus if they are ready to do that. If they are, help them pray to ask Jesus to be the Forgiver of their sin and Leader of their life.

#4 DISTRIBUTE

Give everyone a cup with a little wine/juice in it, and a small piece of broken bread. You can distribute the cups and bread in whatever way is easiest for your group.

#5 SERVE

- 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.

#6 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