

# Homebound Holy Communion (The Lord's Supper)

By Rev. Dale L. Crawley Sr.

As Christians, we are disciples or followers of Jesus Christ. In the Gospels, Jesus told His disciples to take Communion in remembrance of Him ("*This Do*"). Therefore, we receive Communion because Jesus told us to.

In the early church, Christians practiced Communion regularly in their homes meeting together to break bread and drink wine in remembrance of their Savior. Today, however, the idea of taking Communion outside of the walls of a church feels foreign to some. It shouldn't. Matthew 18:20 tells us, "For where two or three gather in My Name, there I Am with them."

Along these same lines, there is a belief that only the spiritual leaders (pastors or priests) can serve Communion. While Communion is a holy practice that should be practiced in churches, it does not have to happen only within the walls of a church or given by a church leader. Like those in the early church, we can gather together and break bread in remembrance of Him anytime.

## Anyone Who "Believes" May Partake

When we partake in Communion, we are following a religious ordinance. We are told to eat the bread and drink the cup in remembrance of Christ. Therefore, this is a significant time for those who believe in Christ's death and resurrection, as it represents His body and His blood. Followers of Jesus view this time as a blessing and a time to reflect on Jesus' sacrifice for their freedom and salvation. It is not that participating in Communion leads to salvation; instead, Communion is something believers do to remember what Christ did on the Cross to save them.

However, Communion should not be treated as a common or casual act. Paul issues a clear warning in 1 Corinthians 11:23-30:

***"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. So then, whoever eats the bread or drinks the cup of the Lord in an unworthy manner will be guilty of sinning against the body and blood of the Lord. Everyone ought to examine themselves before they eat of the bread and drink from the cup. For those who eat and drink without discerning the body of Christ eat and drink judgment on themselves."***

Before we partake in Communion, we must examine our hearts, confess any sin that's crept in, and make sure we are honoring the Lord's Supper for its intended purpose – to remember Christ.

Therefore, it is possible for Jesus followers to partake in the Lord's Supper outside of an official church service. If you recognize the importance of Communion as a time of holy reflection, you can practice Communion with others and even alone.



# A Simple Guide for Communion

For those desiring to participate in Communion outside of church services, here are the basic requirements:

1. Have the Communion elements (bread/wafer for Christ's body) and wine/juice (for Christ's blood)
2. Search your heart for unconfessed sin (1 Corinthians 11:23-30).
3. Confess your sin to God (1 John 1:9).
4. If there is unresolved conflict in your life, seek reconciliation (Matthew 5:23).
5. Reflect on all Jesus did and went through to pay the penalty for your sin (1 Corinthians 11:23-30).
6. Read Matthew 26:26-28 or 1 Corinthians 11:23-30.
7. Continue in prayer as the Holy Spirit leads and give thanks for the body and blood of the Lord that was shed for you (1 Thessalonians 5:18).
8. Close in Thanksgiving, Praise and Prayer.

Participating in Communion is considered a privilege and blessing for believers. It is both a somber reflection and beautiful celebration of Christ's sacrifice for all who put their faith in him.

## What communion elements should you use? And, where do you get communion elements?



That part is easy! Several options: Stop at the grocery store today and get some unleavened bread/crackers and some grape juice. You may try Matzos or even unseasoned crackers (Saltines / Triscuits), because they are striped and pierced, as many kinds of communion bread are.



**\*\*\* MOST IMPORTANT: Whatever elements you acquire ...YOU MUST "consecrate and sanctify them" by prayer unto God, for the use and purpose only of honoring the Lord Jesus and His sacrifice for our sins in His death on the Cross. These elements are to be Holy and not for common use!**



Or, you can purchase pre-packaged communion elements like the ones pictured. They are easy, clean, and create no dirty dishes. 😊



***"MAY THE BLESSINGS OF GOD'S FAVOR OVERTAKE YOU  
... IN YOUR HONOR OF HIM!"***