

"When we bless the cup at the Lord's Table, aren't we sharing in the blood of Christ?

And when we break the bread, aren't we sharing in the body of Christ? And though we are many, we all eat from one loaf of bread, showing that we are one body."

1 Corinthians 10:16-17

Communion

Communion, something we do on a regular basis, is an ongoing reminder of Jesus and all that He has done for us through His life, death and resurrection.

While Jesus was celebrating Passover with His disciples, also known as the Last Supper, the last meal Jesus shared with his disciples before His crucifixion **".....he took bread, gave thanks and broke it, and gave it to them, saying, "This is my body given for you; do this in remembrance of me." In the same way, after the supper he took the cup, saying, "This cup is the new covenant in my blood, which is poured out for you."**

Luke 22:19-20



developing followers of Jesus through authentic kingdom living

A few details...

- Passover, commemorates the Israelites liberation from slavery in Egypt. Communion is a celebration of Jesus setting us free from slavery to sin. *"We know that our old sinful selves were crucified with Christ so that sin might lose its power in our lives. We are no longer slaves to sin."* Romans 6:6.
- Wine in the Passover meal represents redemption promised by God to the Israelites (Exodus 6:6-7). Jesus blood, which the wine represents in communion, is our redemption, the payment for our sin.
- Sharing in communion is a corporate act of worship. An intimate communication between us and God as His church.

Symbols help us not only to remember but also to better understand. During a wedding ceremony husband and wife exchange rings, not only as a reminder of the covenant they have made to one another but the ring itself being a circle, symbolises continuous love and unity. Communion is a symbol which reminds us of the covenant we have with God, made possible through Jesus blood, shed for us. The only reason we are able to have a personal relationship with the Father, is because of the sacrifice of the Son. It is looking forward to the future when we will eat this celebration meal face to face with Jesus.

Urbanisms...

- At Urban we believe that the only prerequisite for taking communion is to know and love Jesus.
- We celebrate communion fortnightly. Even though we do it regularly, we don't want it to be a meaningless tradition, it should be something we actively participate in.
- We choose to use grape juice rather than wine, as we want everyone to be able to join in and not everyone is able to have wine.
- Although we have a shared cup, we don't drink from it. We tear off a piece of bread and dip it in the cup.

"Take this and share it among yourselves. For I will not drink wine again until the Kingdom of God has come."

Luke 22:17