

24 PRAYER: COMMUNION

Communion is a sacred time, a time of remembrance. It is a time when we hold in our hands the elements: the bread and the wine, as Jesus did in the upper room, and we remember. We remember the love, the pain, the sacrifice of God. We remember Christ's death in order that we might celebrate His life. We reflect upon the relationship God invites us to a deep, intimate relationship in which we are fully and completely known. A relationship in which we are called to be ever-growing, ever-changing, ever-present. A relationship rooted in God's unfathomable love for us by which we learn to love and share God's love with others.

As we continue in our 24 Prayer, we are going to share together in remembering and celebrating Christ's death and resurrection. Communion will tie together our individual times of prayer into the community as we pass the elements from one to another just as we pass the mantle of prayer.

As you enter the sanctuary for your time of prayer, please wait quietly at the back to be served the elements by someone who has been praying. Nothing special must be said as the elements are served, but a sacredness of knowing that together you are remembering the work of Christ. As you are praying, be attentive when someone enters. Share with them the elements, that they might also enter into a time of prayer. We will continue to pass the elements all throughout our time of prayer. Even if a person has been in to pray before, serve them again so that the chain remains unbroken.

Serving the elements will be a new experience for many and possibly uncomfortable for some, but the hope is that as we serve one another, it will be a continuous invitation through one another, to intimacy with Christ.

Below are some instructions to help you.

Instructions

- As a person enters, invite them to the communion table.
- Hold up the bread, ask them to take a piece, saying, "This is Christ's body broken for you."
- Hold up the cup, invite them to dip the bread in the cup, saying, "This is Christ's blood, shed for you."
- Allow them to take the communion.
- Finish by saying, "May God's blessing and grace be with you as you pray."