



HOW TO PREPARE FOR COMMUNION AT HOME

Participate with Your Household

We encourage you to participate with your household. John Knox, a 16th-century pastor, encouraged families to participate together in worship and would celebrate communion in people's homes. This is a tradition we can call on.

Prepare the Table & Elements

Prepare ahead of time by having grape juice (or wine) in individual cups and individual portions of bread or crackers. Consider baking your own unleavened bread at home. Make the table as "holy" as possible. This isn't a church potluck!

Examine Your Heart & Relationships

Before coming to the Lord's Table, examine your heart and relationships and take steps toward forgiveness and reconciliation. Especially seek forgiveness from the Lord, perhaps by praying the words of David in Psalm 51:9-10:

⁹ Hide your face from my sins
and blot out all my iniquity.

¹⁰ Create in me a pure heart, O God,
and renew a steadfast spirit within me.

Prayerfully Reflect on Thankfulness

Since Communion is also called "Eucharist" (Thanksgiving) and the "joyful feast of the Lord," spend some time reflecting on things for which you are thankful, for things that have given you joy, and prayerfully express your gratitude to the Lord.

Participate Online

During the online service, as the pastor directs, partake of the bread and the cup, knowing that your brothers and sisters in their places are communing with you.

Indicate Your Participation

At the conclusion of the service, please let us know you participated in one of these ways:

- Put a comment on the Facebook Live stream.
- Complete the sign-in form located on our website at:
welcometothejourney.org/contact-us
- or email us at
office@welcometothejourney.org

Finally, Remember These Words:

"There is one body and one Spirit, just as you were called to one hope when you were called; one Lord, one faith, one baptism; one God and Father of all, who is over all and through all and in all." Ephesians 4:4-6