

## What is communion?

Communion is a key sacrament that is significant to the Christian church. It was instituted by Jesus Christ, when he celebrated the Passover with his followers on the evening before he was crucified [Matt 26; Mark 14; Luke 22]. The elements of bread and wine are symbolic of the sacrifice of Jesus Christ, representing his body and blood given in love for the world. Every time communion is taken it is a proclamation or statement of the death of Jesus Christ [1 Corinthians 13:26]

While the elements of communion only represent the flesh and blood of Christ, participation is an actual communion with the risen Christ, who indwells every believer, and so is present, fellowshiping with His people [1 Corinthians 10:16].

## What is the significance of sharing communion?

Jesus asked that his followers would share communion “in remembrance of me” [Luke 22:19]. It should be a constant reminder of the love and commitment of God to us. When we share communion we take the time to pause and reflect on God’s grace to us.

Paul also reminds us that when we share in communion, we reflect our unity and fellowship with other Christians [1 Corinthians 11: 17-33]. The church in Corinth was warned for not discerning the “body of Christ” and treating each other with disrespect while they shared in communion.

## How often should you have communion?

There is no fixed frequency for how often communion should be taken. We take communion regularly, (most weeks) following the practice of the early church which regularly “broke bread” when they meet together and often met to do this on the first day of the week [Acts 2:42-47 and 20:7].

## Who should take communion?

Firstly it is for a sacrament for those who are Christians, who have accepted Jesus Christ as Lord. We teach that those Christians who take communion, should always precede this with solemn self-examination (1 Corinthians 11:28-32) to ensure that they participate appropriately.

As participation is a communion with Christ for his followers, if you are not as yet a Christian, you should not participate in communion.

## What about my kids - should they be able to take communion?

If your children understand the significance of communion and have committed their lives to Jesus as Lord, then they are able to also share in communion.

## Should I be baptized before I take communion?

We teach that all Christians should be baptized as an expression and confirmation of their faith. If you are a Christian it is natural and expected that you would be baptized in obedience to your Lord’s teaching (Matt 28 v 18 - 20). If you have not been baptized this does not preclude you from communion. However the question really is - if you are a Christian what is preventing you from being baptized and this is a decision you should seriously consider.

## Why does The Anchor use both individual cups and communal glass?

The tradition of communion is a shared cup which reflects the principle of unity and the communion of Christians. Some people prefer not to share a single glass and individual cups are provided for their use. Some people prefer not to have wine in communion and grape juice is provided for their participation.