

# Communion



Communion is a grand celebration of the work of Jesus Christ in the life of every believer. Jesus himself gave us this ordinance the evening before his crucifixion. Communion is comprised of precious symbols that teach and remind us of joyous spiritual truths central to dynamic life in Christ (Luke 22:7–20; John 13:1–17; 1 Corinthians 11:17–34).

In the context of that final meal with His disciples before His death, Jesus gave His disciples—and those who follow Jesus today—symbols to serve as anchors and ongoing reminders of deep spiritual truth. Jesus knew these truths would be critically important for His followers. So He commanded that they regularly revisit the symbols in perpetual remembrance and anticipation.

Jesus was explicit when He said “Do this in remembrance of me” (1 Corinthians 11:24, 25), and “I have set you an example that you should do as I have done for you” (John 13:15). Followers of Jesus should value Communion as a high priority of our fellowship with Him. In our joyful obedience Jesus promises profound blessing: “Now that you know these things, you will be blessed if you do them” (John 13:17).

At Grace Polaris Church, we celebrate three elements as part of our Communion services:

- **The Love Feast** is a meal in which we share encouragement and anticipation about our future presence with Jesus. We celebrate this meal, reminding ourselves of the special bond we have with Jesus and to one another in Him. It was during His last meal that Jesus gave His followers a new command: “Love one another. As I have loved you, so you must love one another” (John 13:34). We also look forward to glorious rejoicing at the Marriage Supper of the Lamb in heaven (Luke 22:16; Revelation 19:7–9). That will be the first time when the Groom (Jesus) will be physically present, and the bride (Church) will be perfectly completed. Thus, the love feast is a striking reminder of Christ’s future ministry of bringing us together to be with Him for all eternity.
- **The Foot Washing** is an act of humble service, and a reminder of our need for daily cleansing from personal sin. The washing of the feet is a symbolic representation of Christ’s present ministry in our lives (John 13:8). Although salvation is an irrevocable gift, we do continue to sin and need His daily intercession (John 13:10a). Our fellowship with Jesus fuels our fellowship with one another, marked by Christ-like humility, forgiveness, service, and harmony. Jesus’ forgiveness of us also makes possible our willingness to forgive others in His family.
- **The Bread and Cup** is a symbolic reference to the death of Christ. The bread symbolizes Jesus’ body, in which He suffered for our sins. The cup symbolizes Jesus’ blood shed as the perfect sacrifice for the forgiveness of sin. During the meal, Jesus broke some bread and gave it to the disciples, saying, “This is my body given for you; do this in remembrance of me” (Luke 22:19). In the same way, He took a cup of their drink and said, “This cup is the new covenant in my blood, which is poured out for you” (Luke 22:20). By doing this, Christ provided a memorial for each believer of His broken body and spilled blood. It serves as a vivid reminder of Christ’s past ministry: His death on the cross as a sacrifice for our sins.

**Why does Communion matter?** It matters to Jesus, and He instructs His believers to follow His example. Jesus does not give Communion to His followers as an option or suggestion. He promises that those who obey will be blessed (1 Corinthians 11:23–26; John 13:15–17).

**Who is Communion for?** Communion is an exclusive and repeated “family” gathering for those who have experienced new life through faith in Jesus. All ages are present. Many participate as families or as Grace Groups.

**May I come and observe?** Yes. If you are a believer in Jesus and are unsure about participating, please come and observe. You won’t feel awkward just watching and may even find yourself comfortable joining in. Those who are considering faith in Jesus are welcome to attend but are asked to observe rather than participate.

**What should I do with my kids?** Enjoy the mealtime with your kids. The church provides child care for young children during the Foot Washing and Bread and Cup times. Children who are believers in Jesus are encouraged to participate fully in all aspects of Communion with their parents.

**How should I prepare?** 1 Corinthians 11:28–30 advises that participation in Communion should be taken seriously and that individuals should examine their hearts in preparation. Practically, take time before the Communion service to confess sin and prepare your heart. If you lack relational harmony with another believer, seek them out for reconciliation before participating.

**What do I bring?** Bring a prepared heart, a Bible, and some simple food to share. The church will provide everything else.

**When does Grace celebrate Communion?** We typically celebrate Communion four times per year (winter, spring, summer, and fall). The services are approximately two hours in length, and usually take place on a Sunday afternoon or evening.