

Communion at Trinity Fellowship

How Did Communion Originate?

Communion, or the Lord's Supper, is an ordinance that Jesus himself established. During his last meal with the disciples the Bible says, "And he took bread, gave thanks and broke it, and gave it to them saying, 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). The elements of food and drink point to the sacrifice Jesus made on the cross in order to accomplish the salvation of men and women. In this sense, communion is a declaration of Christ's death and a proclamation of his return, "For as often as you eat this bread and drink this cup, you proclaim the Lord's death until he comes" (1 Cor. 11:26).

Who Should Take Communion?

Since Jesus shared the first communion with his disciples, it is fitting that only those who are believers in Jesus Christ observe communion. At Trinity Fellowship we do not require that you are a member of this church in order to take communion; you just need to be a follower of Jesus. Scripture is also clear that Jesus' disciples are to take communion in a worthy manner, not carelessly. Paul warns those in the early church, "Therefore, whoever eats the bread or drinks the cup of the Lord in an unworthy manner will be guilty of sinning against the body and blood of the Lord. A man ought to examine himself before he eats of the bread and drinks of the cup. For anyone who eats and drinks without recognizing the body of the Lord eats and drinks judgment on himself" (1 Cor. 11:27-29).

What Is The Spiritual Benefit Of Communion?

Jesus intended the disciples to observe communion "in remembrance" of him, therefore communion is not a means of salvation. However, the elements do represent Christ's body and blood, and believers receive spiritual benefit from participating in communion because Jesus promised to be present with believers when they gather in his name (Matt. 18:20). Communion is a time to reflect upon God's grace, as he sent Jesus to die in our place on the cross. Believers can also celebrate the glory of the new covenant that Christ brought, rejoicing in the fact that we no longer must strive to please God by following the law (Rom. 8:1-2). Communion is also a time to look forward to Christ's return, when believers, as the bride of Christ, will dine with him at the wedding supper of the Lamb (Rev. 19:9). Lastly, communion is a time to express the unity of the church in the fact that all believers in Christ are a part of the family of God. The apostle Paul says, "Because there is one loaf, we, who are many, are one body, for we all partake of one loaf" (1 Cor. 10:17). Communion is one ordinance that believers all over the world have in common.

How Should Communion Be Observed?

Jesus commanded his disciples to eat and drink "in remembrance of me," therefore communion should be observed on a regular basis. Churches vary in how often they observe communion, and at Trinity Fellowship we observe communion about once a month. Since communion is an act of worship, we prefer to offer communion when it fits in line with the message being preached that day. The method in which communion is served also varies. Most often, the elements will be distributed and then after a prayer and words from a pastor, all people partake together. However there are also times when individuals or families will come to the front to take the elements and then pray afterwards. Communion is a great blessing to the family of God. It is an expression of worship, an opportunity to give thanks, a time to reflect, and a chance to celebrate, all because of what God has done for us in Jesus Christ. Since communion is an ordinance for believers only, we also make sure that those who are serving communion are believers as well. If you are interested in helping serve communion, please contact the church office (231.796.2600).