

## **Why Do We Do That?**

# *Maundy Thursday*

Maundy Thursday is a Christian holiday that brings us to the Last Supper with Jesus. There, Jesus prepared his disciples for his death by revealing the final significance of the Passover supper – Jesus is the Paschal lamb! It is in that upper room that Jesus washed his disciples' feet, instituted the Lord's Table, Communion, and gave his final commands to love one another as He had loved them. Here at Fellowship, we remember those moments at the table with a quiet evening service. We sing together, hear from God's Word, and then, with a group, we gather at the table for Communion.

This group may be your family, friends and family, or simply other brothers and sisters in Christ. Whoever you choose to be with during this time, there will be no direction from the front as to what to do or when to eat or drink; you get to lead yourselves. How can you do that? We start by understanding communion first.

Communion, or "The Lord's Supper," is an ordinance given to the church by Jesus Christ which calls us to remember his death on the cross until he returns again. It is a unique and beautiful way of preaching the gospel through symbols – the broken bread symbolizes his body, the cup symbolizes his shed blood – just as Jesus described it at the Last Supper.

Communion is something reserved for believers and intended to be done regularly until Christ comes back. In doing so, we preach the gospel to ourselves and to one another. As a gift to the entire church, we invite all confessing believers in Jesus to participate in the Lord's Table with us, but God's Word cautions us against taking Communion lightly. We are told to examine ourselves before we eat the bread and drink the cup – we might need to confess sin in our life or simply check our heart for Jesus – then we can celebrate Jesus' life and death with joy!

## **When it comes time to lead your group through Communion, here's a suggestion for how to do it:**

### *Explain*

Take a few moments to explain what Communion is and what it represents (especially if you have children). You may even take a few moments to explain the gospel. In that out-loud remembering, we recall what it cost God to redeem his people.

### *Distribute*

Invite each person to take a piece of bread and a cup.

### *Reflect*

Give the group a few moments to silently pray and reflect on what they are holding and what it represents.

### *Read*

Read I Corinthians 11:23-25

*Take*

Eat and drink.

Or you can split it up by reading I Corinthians 11:23-24, eating, then read I Corinthians 11:25 and drinking

*Read*

Read I Corinthians 11:26. Mention and revel in the future hope Christians look ahead to.

*Pray*

Give thanks for the mercy God has shown us in not treating us as our sins deserved, for the price he was willing to pay to redeem sinners like us, and for the grace he has shown us in bringing us into his family.

*Passages to read through:*

*Matthew 26:26-29, Luke 22:19-20, I Corinthians 11:17-34*