



Discover

Check In

PAUSE & check in with each other; then share COMMUNION – either in-person or virtually

1. Reflect on the past few weeks, share a positive highlight and a low point. Celebrate high points and empathize with low points.
2. *“Hope deferred makes hearts sick”* – encourage people to share specific goals or hopes they have. Faith thrives where there is HOPE. We need to be intentional in 2021 and not fatalistic.
3. How is your devotional time with God going and how are you planning to be intentional about your spiritual journey in the weeks? How can we encourage you in your spiritual journey over the next month?
4. Of course, what movie, series or book recommendation have you enjoyed recently and you recommend to us?

Want to get in touch?

021 975 1983

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Take Communion Together

Taking Communion together is the GREATEST symbol of our relationship to one another in the Body of Christ, his church. It visibly demonstrates that we belong to each other as brothers and sisters in God's family.

How to

1. Find a song to play to prepare your heart for Body and Blood of Jesus
2. Read Scripture and Pray

Matthew 26:26-28

"While they were eating, Jesus took bread, and when he had given thanks, he broke it and gave it to his disciples, saying, 'Take and eat; this is my body.' Then he took a cup, and when he had given thanks, he gave it to them, saying, 'Drink from it, all of you. This is my blood of the covenant, which is poured out for many for the forgiveness of sins.'"

Dear God, quiet my heart and mind as I remember your sacrifice today. In the midst of my fears and worries, focus my attention on your Son, Jesus, and the salvation he offers through his death on the cross. Thank you for the gift of life. You alone are worthy of all my worship and praise, and I love you! In Jesus' name, amen.

Isaiah 53:4-5

"Surely he took up our pain and bore our suffering, yet we considered him punished by God, stricken by him, and afflicted. But he was pierced for our transgressions, he was crushed for our iniquities; the punishment that brought us peace was on him, and by his wounds we are healed."



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Dear God, thank you for bearing all my sin and suffering. Thank you that I don't have to walk through life alone, but that you make my yoke easy and my burden light. As I drink this bread and wine, I remember Jesus' own pain and suffering. He died and was raised to life so I could also experience his resurrected life. Help me to honour you in every area of my life. I love you and I give you all the honour and glory. In Jesus' name. Amen.

3. Take Communion

"The Lord Jesus, on the night he was betrayed, took bread, and when he had given thanks, he broke it and said, 'This is my body, which is for you; do this in remembrance of me.'" (1 Cor 11:23-24)

Take the bread. As you eat it, thank Jesus for his body that was broken and beaten for you.

"In the same way, after supper he took the cup, saying, 'This cup is the new covenant in my blood; do this, whenever you drink it, in remembrance of me.'" (1 Cor 11:25)

Take the wine. As you drink it, thank Jesus for his blood that was shed so you could have eternal life with him in heaven.

"For whenever you eat this bread and drink this cup, you proclaim the Lord's death until he comes." (1 Cor 11:26)

Take time to thank God, pray for one another and re-commit yourself to Him until He comes again.

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