

# The Lord's Supper

Communion, the Lord's Supper, Mass, Eucharist...it's one sacrament known by many names. Christians may not all agree on what happens when we follow Christ's command to "eat this bread" and "drink this cup" or even about how we should follow it, but almost all Christians believe it's an essential means of receiving Christ and experiencing his presence. Join us as we study scripture to better understand this holy sacrament and how it brings us into communion with Christ.

**AWARENESS** Before listening reflect on what you already know or understand about topics we'll cover in the episode.

- How would you describe the meaning and practice of the Lord's Supper (also known as communion or the Eucharist) to a new believer or non-Christian?
- What requirements do you think need to be met in order to celebrate the Lord's Supper? How often do you celebrate it with your religious community?



**LISTEN TO THE EPISODE:** [The Lord's Supper](#)

**READ** [Luke 22:14-20](#), [John 6:52-58](#), [1 Corinthians 11:23-26](#)

**REFLECTION** After listening, consider the following questions:

- In your experience has celebrating the Lord's Supper been a passive activity or have you felt like you were actively participating in it? What about your experience led you to this conclusion?
- Why do you think the Lord's Supper has caused so much division between Christians? What do you believe is necessary for a person to believe or do in order to participate in Communion?
- How would you respond to these questions posed by guest Jim Brownson in segment 2: *"How do you experience Jesus being present when you take communion? What does that do in your life and how does that actually shape who you are?"*
- In segment 3, hosts Dave Bast and Scott Hozzee discuss with Jim the communal nature of the Lord's Supper, noting that the sacraments are not private practices, but rather are meant to be practiced communally within the body of Christ. How can partaking in the Lord's Supper together benefit a community of believers? How can this observance benefit individuals? What does it teach us about God's purposes for us?

**RELATED PASSAGES** for further study

[Matthew 26:26-28](#), [Mark 14:22-24](#), [Colossians 3:1-4](#)

## CONCLUSION

Close your time of reflection by reading [Colossians 3:1-4](#) and adapting this prayer, a prayer of response to the celebration of the Lord's Supper, into your own words.

*Lord God,  
In gratitude, in deep gratitude*

*For this moment, this meal, these people,  
We give ourselves to you.*

*Take us out to live as changed people*

*Because we have shared the living bread*

*And cannot remain the same.*

*Ask much of us, expect much from us,*

*Enable much by us, encourage many through us.*

*So Lord, may we live to your glory,  
Both as inhabitants of earth*

*And citizens of the commonwealth of heaven. Amen.*

*(adapted from The Worship Sourcebook, Section 8.5.2.3)*

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