

# ANSWERING THE CALL

## WHAT IS YOUR PART?

In any relationship, four things are vitally important—Communication, Truth, Trust & Commitment. For you in your new walk with God, the same is true. God wants us to continue to follow Him and His commandments. This means to put God first in every aspect of your life. We are told in Hebrews 10:25 not to miss the gathering together of Christians. Sunday meetings are a vital part of growing and for encouragement, as well as forming lasting friendships with others. Communication with God is important through prayer and reading His Word -the Bible. What a privilege we have of being able to thank God for what He has done and bringing our needs to Him, knowing that He hears our requests! Make Jesus a part of your life in ALL that you do. Include Him into every area of your home, work and leisure activities. God is interested in you! You will find your new adventure in Christian life exciting and challenging!

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# COMMUNION

## WHAT IS COMMUNION?

Communion is a beautiful, symbolic act that Jesus instructed His followers to do in remembrance of Him.

## WHY IS COMMUNION OBSERVED?

The communion table is representative of the Last Supper, during which Jesus taught His disciples about what He was about to do by giving His body and blood to save the world from sin. Luke 22: 19 says, "And he (Jesus) took bread, gave thanks and broke it, and gave it to them (the disciples), saying, "This is my body given for you; do this in remembrance of me."

Many denominations continue this practice with symbolic elements like wine and crackers or bread. It is often used as an introspective time of remembrance of Christ's work on the cross and our personal need for a Saviour. It is a wonderful thing to remember Jesus in that way, though that type of humble remembrance should not start and end at the communion table.

"Therefore whoever eats this bread or drinks this cup of the Lord in an unworthy manner, will be guilty of the body and blood. But let a man examine himself, and so let him eat of the bread and drink of the cup."  
1 Corinthians 11:27-28

The act of taking communion, while intimate and precious, must be taken symbolically just as Jesus, himself, presented it to His disciples.

## HOW OFTEN DO WE TAKE COMMUNION?

The Bible nowhere instructs us how often we should take communion: "...the Lord Jesus in the night in which he was betrayed took bread; And giving thanks, He broke it and said, 'Take, eat; this is My body, which is broken for you; this do in remembrance of Me.' In the same way he took the cup also, after supping, saying, 'This cup is the New Covenant in My blood; as often as you drink it, do this in remembrance of Me.' For 'as often as you eat this bread and drink this cup, you show' the Lord's death until He shall come." this passage gives all the instructions we need to perform the rite of communion and to understand the significance of what we are doing.

The bread which He broke in half represents His body which was broken on the cross for us. The cup represents the blood he shed on our behalf, sealing a covenant between Him and us. Each time we perform the communion ritual, we are not only remembering what He did for us, but we are "showing" it as well to all who watch and all who participate. This is a beautiful and graphic picture of what happened at the cross, what it means, and how it impacts our lives as believers.

It would seem, then, that since we take the Lord's Supper to remember Christ's death and shed blood, we should take it fairly often. Some churches have a monthly Lord's Supper service, others do it bi-monthly, others weekly. Since the Bible does not give us specific instruction as to frequency, there is some latitude in how often a church should observe the Lord's Supper. It should be often enough to renew focus on Christ or Religion, without being so often that it becomes routine. In any case, it's not the frequency that matters, but the heart attitude of those who participate. We should partake with reverence, love, and a deep sense of gratitude for the Lord Jesus, who was willing to die on the cross to take upon Himself our sins, setting us free from all guilt and condemnation.

