

# Communion Meditation

The Eldership at StJCofC would like to know if you are willing to lead the congregation in a sacred time of intimacy with our Savior, by giving a Communion Meditation. This is a time that we take very seriously and want to present the best we can for our God in this. Taking the Lord's Supper is a special component of our spiritual lives. Jesus instituted it as a reminder of the sacrifice that He made for our sins, and to give us hope as we walk the daily discipline of our life as a disciple. However, the communion time in our churches often loses part of its power when a communion meditation is not prepared properly. Here are 4 suggestions on how to give an effective communion meditation.

**1. Keep it Pertinent.** A communion meditation is about Jesus. About the cross and the empty tomb, that's it. Because of the familiarity with communion and lack of specific passages in the Bible, it is easy for a person to speak a multitude of topics during the communion time other than Jesus. If you want your communion meditation to be effective, keep it on its central theme. The sacrifice and personhood of Jesus and nothing else.

**2. Keep it Personal.** The number one mistake that most people make when delivering a communion meditation is to only read from out of a book. These books can be useful tools for a person to begin to develop a model for communion meditations. However, the most powerful and effective meditations communicate in a real way what Jesus means to that person. Speak about how Jesus saved you personally, how that affects your spiritual walk with Him. Communion is about a real person speaking about what a real Savior has done in their real life.

**3. Keep it in Perspective.** Another pitfall in delivering communion meditations is to make them too long and disorganized. Communion meditations are not sermons; they are not a time to teach about theology or beliefs. They are simply a devotional thought to help us to *"do this in remembrance of Him"*. At a maximum length, a communion meditation, including the prayer should be under 5 minutes. It is your responsibility to help the church to meditate and intimately meet with Jesus their Savior.

**4. Keep it Powerful.** There is nothing as powerful as a person confronting his/her true self and revealing that true self to a Savior. This is what the communion time was destined to be by God. Communion meditation presenters should never forget the sacredness of what takes place in those moments when the cup and the bread is passed.

It is the presenters job to bring people to a realization of what is happening in this part of worship. This can be done through tone, passion, and the words that are spoken. Each of these should be done in a powerful way to communicate the power of communion.

An elderly man stood up one Sunday to give his meditation. He slowly made his way to the pulpit and slowly spoke these words. He said, "When I was a younger man, I thought when I would be aged that I would be done with sin. Now as an old man I realize that sin is more powerful to me than ever before. That is why I need this cup and this bread. That is why I need communion. That is why I need a Savior, and that is why I am thankful what my Savior has done." With those simple words, that man sat down and together the church worshipped in a time of true communion.

If you feel you cannot follow these guidelines, please inform the leadership that you no longer wish to give the meditation. By accepting these guidelines, you agree to follow them and the leading of the elders.