

The Experience of Home Communion

Making the Communion Bread together as a family, or with the other members of your household would be a unique experience to remember for many of us. Following, is a simple outline of how you might make this an interesting experience. We would suggest reading through this suggested outline quickly beforehand, so you can decide what to include. Of course, this is only a guide, and you can add/take away as you see fit. Make sure you have the ingredients before you begin!

Prayer

Ask someone to begin with their own prayer, or read the following prayer:
“Dear Lord, as we gather here together to make this communion bread and prepare the grape juice, may this special opportunity which we have, remind us of how important your life on this earth and your death on the cross is to us. And may this unique experience draw us closer to you, and to each other. We pray in Jesus’ name. Amen.”

Reading – Exodus 12:31-42

Sit down together, with the bible open, and read the text above.

Read:

Today, in the tradition of the Israelites, we are going to make our own unleavened bread. Yeast is what normally makes the bread rise when it is baked. But the Israelites did not put yeast in their bread when they celebrated the Passover Feast, as a reminder that when they left Egypt and began their journey to the Promised Land, they didn’t have time to prepare the bread properly (Ex 12:39).

Preparation of Communion Bread (see info at end of sheet)

- a) gather ingredients
- b) follow cooking instructions
- c) before placing the communion bread into the oven, continue as follows

Reading – Luke 22:1-21

Read:

As Jesus celebrated the Passover Feast with His disciples, only the evening before his death, he helped the disciples to understand that the unleavened bread was from then on to become a symbol of His body. In the Bible, yeast is often used as an image of sin. The bread which we are making without yeast is a symbol that Jesus was sinless.

Watch/Listen - <https://www.youtube.com/watch?v=gMixnWehee0>

Read:

2 Corinthians 5:21 says, 'God made him who had no sin to be sin for us, so that in him we might become the righteousness of God.'

This communion bread which we are making is symbolic of the sinless life of Jesus, who, on the Cross of Calvary, took your sins, my sins, and the sins of the whole world upon himself.

Romans 6:23 says, 'For the wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord.'

As we make this bread, we are reminded that death came to Jesus because he took our sins upon his shoulders. At the same time, we are reminded that Jesus' gift to us is eternal life. Jesus died around 2,000 years ago, but his death then brings us eternal life, today. All this eternal life comes to us by faith/trust in what Jesus has done for us.

Place communion bread into the oven. Don't forget to keep an eye on it and remove it from the oven after the cooking time is up. Store the bread as directed.)

Reading – Romans 3:23-26**Read:**

We are also now going to make our own communion wine / grape juice. As we have read in the Gospel to the Romans, the grape juice symbolises the blood of Jesus Christ.

Make red grape juice

Squeeze enough red grapes so that you get enough grape juice for each member of your family who will take part in the communion service on Sabbath. Store the grape juice in a container in the fridge until the Sabbath.

Watch/Listen – <https://www.youtube.com/watch?v=SaRjkk3aH4A>

Reading – 1 John 1:5-2:2

Read:

The Good News of the Bible is that as we trust in the perfect life of Jesus who took our sins, and the shed blood of Jesus who died for our sins, through faith we are accepted as perfect in Jesus Christ. Our sins no longer condemn us. As Romans 8:1-2 says, “Therefore, there is now no condemnation for those who are in Christ Jesus, because through Christ Jesus the law of the Spirit who gives life has set you free from the law of sin and death.

Everyone say together:

Thanks be to God.

Prayer

Ask someone to close with a final prayer, giving thanks to God for all he has given us in Christ Jesus, and for this opportunity to experience the making of the communion bread and grape juice.

How to Make Communion Bread

Updated 8 June – this will make bread for about 28 people. Not that you will need it for that many people; but it's not easy to suggest smaller ingredient sizes!

Ingredients:

- 1 tablespoon wholemeal flour
- 1 tablespoon plain flour
- 3 tablespoons water
- 3/4 tablespoon canola or olive oil
- 1 ziplock or sandwich bag.

Method:

Preheat oven

1. Add 3 tbsp water and a pinch of salt into bag and shake.
 2. Add canola or olive oil to the bag then shake again.
 3. Sieve 2 tbsp soon of wholemeal and plain flour then add to the other ingredients in the bag.
 4. Shake as well as use fingers to mix in the bag until texture like playdough.
 5. Use rolling pin to make a thin sheet in the bag.
 6. Use knife to score lines so that it gives an outline for square pieces of bread around 3-4cm square.
 7. Bake for 5 minutes then reinforce line
- Then bake for another 10 minutes.
Total baking time 15 minutes. This portion can serve 28 people.

Done!!

Please note:

Communion Bread / Grape Juice should not be used for a regular meal. Any bread / grape juice left after the communion service should be disposed of.