

Communion

And he took bread, gave thanks and broke it, and gave it to them, saying, "This is my body given for you; do this in remembrance of me." In the same way, after the supper he took the cup, saying, "This cup is the new covenant in my blood, which is poured out for you." Luke 22:19-20 (NIV)

What is Communion, also called the Lord's Supper?

Communion—also known as the Lord's Supper—is a sacred act of remembrance and proclamation, designed for believers to reflect on the death and resurrection of Jesus Christ.

1. It is a simple act.

On the night He was betrayed, Jesus took bread and broke it. He didn't perform an elaborate ceremony with special garments, incense, or rituals. He simply shared bread and wine with His disciples. At Mountain View, we follow that example. We don't turn communion into a ritual. We simply observe the elements—bread and cup—as Jesus did.

2. It is a symbol.

During the Lord's Supper, believers typically partake in a wafer or a piece of bread and grape juice, representing Jesus' body and blood. Through this act, believers remember Christ's suffering, celebrate His victory over death, and declare their faith in His promise to return.

We understand the Lord's Supper not as a sacrament that imparts salvation, but as a symbol of salvation—a visible reminder of the grace we've already received through faith in Christ. That's why we call it an ordinance: it was ordained by Jesus for believers to remember His death and proclaim His resurrection until He returns.

3. It is a reminder.

It's noteworthy that Jesus never asked His followers to commemorate His birth, but He did command them to remember His sacrifice. The Lord's Supper is a tangible reminder that Jesus willingly went to the cross out of love for us and obedience to the Father. It reminds us that we were once lost in sin, but through Jesus' death and resurrection, we've been rescued, redeemed, and given new life.

4. It is a statement of faith.

Communion is both a reflection and a declaration. As we receive the bread and the cup, we remember Jesus' sacrifice on the cross and proclaim our hope in His return. It's a quiet but powerful statement of faith—affirming that Christ died, rose again, and will come back. In that moment, we declare our trust in His promise and our identity as His followers.

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

Who Should Take the Lord's Supper?

The Lord's Supper is meant for those who have placed their faith in Jesus Christ. When Jesus instituted communion, He shared it only with His closest disciples—not the crowds—showing that it's a sacred act for believers.

Scripture warns against taking communion without recognizing its significance:

For anyone who eats and drinks without recognizing the body of the Lord eats and drinks judgment on himself. 1 Corinthians 11:29 (NIV)

At Mountain View, we reserve communion for believers to ensure it remains a meaningful expression of faith, not a ritual taken without understanding.

When And How Often Should We Observe the Lord's Supper?

The Bible doesn't specify how often believers should take communion. Any fixed schedule—like weekly observance—is a tradition, not a command from Jesus.

At Mountain View, we observe the Lord's Supper about 10–12 times a year during Sunday services. We also encourage our LIFE Groups to celebrate it regularly in smaller gatherings, following the example of the early church in Acts 2, where believers "broke bread from house to house", suggesting that the Lord's Supper was often shared in homes, within small gatherings of Christ-followers.

How Do I Prepare Myself for the Lord's Supper?

The Bible says *"Therefore, whoever eats the bread or drinks the cup of the Lord in an unworthy manner will be guilty of sinning against the body and blood of the Lord. A man ought to examine himself before he eats of the bread and drinks of the cup."* 1 Corinthians 11:27–28 (NIV)

Before participating in the Lord's Supper, Scripture calls us to prepare our hearts. At Mountain View, we always take time for prayer and self-examination before communion. We encourage four key steps in preparation:

1. Self-examination – Take an honest look at your heart and life.
2. Confession of sin – Bring anything that's out of alignment with God into the light.
3. Recommitment – Renew your commitment to follow Jesus wholeheartedly.
4. Restoration of relationships – Make peace with others where needed.

Preparing for the Lord's Supper is not about perfection—it's about humility, honesty, and a desire to walk closely with Christ.

