

# A Simple Guide to Preparing Communion Meditations

## Preparation

Being prepared is the key to everything in public speaking.

Don't wing it (You are leading people to the very cross of Christ. You are painting a picture of the incredible sacrifice of Jesus Christ. This is God paying the price for the things we have done.).

## Lead-In

This is the point in which you focus the attention of those present.

It is ONE main thought

It can be a story

- Anything that leads into the Lord's Supper. Here are some examples:

- Being hurt by the world, but healed by Jesus
- Falling off a horse, but getting back on and starting over just like what Jesus offers
- Look at creation's beauty God has made for you, now consider his love for you
- The options are endless but the important thing is that the story leads into communion. Everything should lead to the sacrifice of Jesus and the Lord's Supper. The story or thoughts should not be the focus – Communion should.

Remember that what you are doing is sharing, not preaching. Preaching comes later.

## The Conclusion

The Lead-In brings the focus on what Jesus did.

This is where you take your story and lead it into what Jesus did for us.

It all has to come back to Jesus on the cross or it is not a communion meditation.

- This is the focus of the meditation

## Moment of Reflection

This is the point in which you give the people an opportunity to reflect.

Your meditation has brought them to the cross.

10 seconds of silence to consider the incredible love and sacrifice of Jesus.

## Prayer

There are 3 things to consider in your prayer:

- 1) Give thanks to Jesus for being willing to go to the cross for us
- 2) Ask for forgiveness for our sins
- 3) Ask for God's blessing on the loaf and cup

## Partaking

Invite the partaking of the loaf

Count to five

Invite the partaking of the cup