



the grainery church

GOOD FRIDAY

Communion Guide

Here are some suggestions, which we hope will help you hold a communion in your home, especially if you've never done this before. This version is aimed at adults and older young people. If you have young children, there's a children-friendly version available. Please take a look at that. Below you'll find some background information about Good Friday and Communion, followed by an outline for your service.

Preparation

1. You will need some bread – a slice of bread or a roll will do - and fruit juice, (preferably red), or wine. Put the bread on a plate or board in the middle of the table and pour some wine/ juice into a jug – just enough for each member of the family. Place the jug next to the bread.
2. You might find it helpful to print, (or air drop) any prayers or bible readings for each person in your house.

Communion

Bible verse

Read out one or both of these verses.

“God so loved the world that he gave his only Son, that whoever believes in him should not perish but have eternal life”

John 3:16

For I delivered to you as of first importance what I also received: that Christ died for our sins in accordance with the Scriptures.

1 Cor. 15:3

Prayer

Father, thank you for today as we remember the Lord Jesus and his death for us. Open up our hearts by your Holy Spirit to know something more of your love for us; to grasp the extent of the great salvation that is ours in Christ; to turn our hearts to love you, and to follow the Lord Jesus in every area of our lives. We ask this in Jesus’ name. Amen

OR

Almighty and most merciful Father, we remember with heartfelt gratitude the darkness and shame your Son, our Saviour Jesus Christ endured for us at Calvary. Instil in us a deeper understanding of your mercy and grace, and renew our love and devotion to you. Through Jesus Christ, who is our only Mediator and Lord. Amen

Confession

Christians down through the centuries have found confession to be a very important aspect of their meeting together. Here are some reasons why this can be both helpful and encouraging.

When we confess our sin together, it helps to keep us:

Honest

It’s a reminder that we’re not perfect. When life seems to be going well for us, or we’ve experienced some particular blessing from the Lord, or we are able to use our gifts in a way that people

appreciate, it's easy to fall into the trap of thinking these things are good measures of our spiritual health. So, it's important to remain grounded by allowing the Holy Spirit to search our hearts. Corporate confession is a great way to do that.

And then, there may be particular issues – actions, or words we've spoken, or things we haven't done or said - that the Lord wants brings to our attention. Again, it's so important that we listen to the Holy Spirit, and times of Corporate confession can be a way the Holy Spirit speaks to us about such things

Humble

Confessing our sins alongside our sisters and brothers in Christ is a way of saying, "I'm no better than you."

Focused

Confession takes us back to Jesus and his death for us. It reminds us that we are forgiven people - sons and daughters of the Living God - only because of Jesus and his death for us.

Thankful

As Christians, those who've put their trust in Jesus Christ, we need to understand that we don't stop being God's children, even when we sin. We are forgiven because of Jesus, not because of anything we do, (or don't do). In fact, it isn't even the depth or rigour of our repentance that is the basis for our forgiveness. Repentance, which is when we turn away from our own ways and turn to God, is vitally important. But it's not repentance that saves us. It's Jesus! So, when the Holy Spirit reminds us of ways in which we have failed to be the people God has called us to be, and sin has crept into our lives, it's not because he wants to leave us wallowing in feelings of guilt or inadequacy, but so that he can remind us that even though we have sinned, we are still forgiven and still his precious sons and daughters. Confession then, should lead us to new joy, enabling us to say, "The truth about me, despite my history, is that God says I am good enough, because Christ is good enough."

On track

Finally, every corporate confession is an invitation to renew our journey with Jesus. To walk away from the things we see are wrong, that dishonour the Lord Jesus and hold us back; and to affirm again our commitment to Jesus – to following him in every area of our life. And because we do this together, it means that, we are spurring each other on.

Even if corporate confession hasn't been something you're familiar with, I'd encourage you to try this out.

Read out this verse as an introduction:

⁸ If we claim to be without sin, we deceive ourselves and the truth is not in us. ⁹ If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.

1 John 1:8-9

OR

If we say we have no sin, we are only fooling ourselves and refusing to accept the truth. But if we confess our sins to him, he is faithful and just to forgive us and to cleanse us from every wrong.

[All] Almighty God, our heavenly Father, we have strayed from your ways like lost sheep. We have followed our own ways and desires and not loved you as we should. We have failed to do many things that we should have done, and we have pursued those things we should not have done

Father, we are truly sorry. For the sake of Jesus Christ who died for us, forgive us. By your Spirit turn our hearts to love you and to love our neighbour. Help us to live a godly and obedient life to your honour and glory, through Jesus Christ our Lord. Amen.

Conclude with this prayer of encouragement and affirmation. You could turn "you" into "we" if you'd be more comfortable with that, as in "When we are confronted... etc"

When you are confronted with your own inadequacy,
may you be reminded that Christ is enough.

When you are confronted with your weakness,
may you find strength in Christ

When you are confronted with your past, and all of the ways
you aren't good enough,
may you be confronted with your present and future in all of
the ways in which Christ is good enough

When you are confronted with despair,
may you have the hope of Christ.

May you truly come to see that in Christ you are a new creation.

Bible verse

Someone to read aloud

He had no beauty or majesty to attract us to him.
Nothing in his appearance that we should desire him.
He was despised and rejected by mankind,
a man of suffering, and familiar with pain.
Like one from whom people hide their faces
he was despised, and we held him in low esteem.

Surely he took up our pain
and bore our suffering,
yet we considered him punished by God,
stricken by him, and afflicted.

But he was pierced for our transgressions,
he was crushed for our iniquities;
the punishment that brought us peace was on him,
and by his wounds we are healed.

From Isaiah 53

Prayers

Although written hundreds of years before Jesus, these verses from Isaiah should make us think of Jesus and especially his death for us. You might like to begin this prayer time with silence. Ask everyone to reflect on what they've just heard - to take a phrase (or perhaps even a word) - and concentrate on that; to consider the fact that Jesus died for them.

Remember, this is personal. It concerns all of us. The death of Jesus was for each of us, because of the problem of sin goes very deep in all of us. Without his death in our place, there would be no forgiveness or hope for us; but, because of Jesus' death, we are completely forgiven - everything is changed, we are a "new creation." (2 Corinthians 5:17).

After a short time, (maybe even as short as 90 seconds!) - if there are people in your house who are confident to pray aloud, why not encourage them to pray? Ask them to focus on prayers of thanksgiving: for Jesus and the wonder of being forgiven and being adopted as God's sons and daughters - his children.

If not, continue the time of silence, but encourage everyone to pray (speak to God) "silently."

Conclude with a prayer:

Father, thank you for the gift of Jesus: thank you that he came into this world for us and that he died for us; thank you for the forgiveness that is now ours through him; thank you for your love and mercy and grace towards us. Thank you for saving us!

In Jesus' name we pray. Amen.

Praying for each other and beyond

Spend some time praying for each other; share prayer requests. Other things you might like to pray for:

- Sue and the leadership at The Grainery Church
- The government
- Medical and ancillary staff
- Those who living alone
- Those who have lost jobs or facing financial distress
- People who are ill and those caring for them
- Your neighbours
- Our witness as followers of Jesus: That we will look for opportunities to help our neighbours, speak to them about Jesus and pray with them.
- That, as Christians, we will discern and also respond, to the lessons God has for us in this crisis
- That the Lord will use this experience to turn many people's hearts towards Jesus, in repentance and faith.

You might like to conclude with everyone praying the Lord's prayer
Our Father in heaven, hallowed be your name, your kingdom come,
your will be done, on earth as in heaven. Give us today our daily bread.
Forgive us our sins as we forgive those who sin against us. Lead us not
into temptation but deliver us from evil. For the kingdom, the power, and
the glory are yours now and forever. Amen.

Bible verse

You might like to give some brief background to this passage

Following the Passover Meal, (Last Supper), Jesus and his disciples, (but not Judas, who had gone to inform the Authorities and betray Jesus), left for Gethsemane, a garden, overlooking the city of Jerusalem. It was in Gethsemane that Jesus was arrested. Following his arrest, most of the disciples fled. (You might like to read Mark's account in his gospel, from chapter 14:32). Having been put on trial, Jesus was condemned to death. Again, you can read about how the events unfolded in Mark's gospel.

[This is the final scene in Mark's account of the death of Jesus].

²⁵ It was nine in the morning when they crucified him. ²⁶ The written notice of the charge against him read: the king of the Jews. ²⁷ They crucified two rebels with him, one on his right and one on his left. ^[28] ²⁹ Those who passed by hurled insults at him, shaking their heads and saying, "So! You who are going to destroy the temple and build it in three days, ³⁰ come down from the cross and save yourself!" ³¹ In the same way the chief priests and the teachers of the law mocked him among themselves. "He saved others," they said, "but he can't save himself! ³² Let this Messiah, this king of Israel, come down now from the cross, that we may see and believe." Those crucified with him also heaped insults on him.

³³ At noon, darkness came over the whole land until three in the afternoon. ³⁴ And at three in the afternoon Jesus cried out in a loud voice, "Eloi, Eloi, lema sabachthani?" (which means "My God, my God, why have you forsaken me?"). ³⁵ When some of those standing near heard this, they said, "Listen, he's calling Elijah."

³⁶ Someone ran, filled a sponge with wine vinegar, put it on a staff, and offered it to Jesus to drink. "Now leave him alone. Let's see if Elijah comes to take him down," he said.

³⁷ With a loud cry, Jesus breathed his last. ³⁸ The curtain of the temple was torn in two from top to bottom. ³⁹ And when the centurion, who stood there in front of Jesus, saw how he died, he said, "Surely this man was the Son of God!"

Mark 15 (NIV)

Pour out a small amount of juice a into individual glasses.

Bible verse

This is love: not that we loved God, but that he loved us and sent his Son as an atoning sacrifice for our sins.

1 John 4:10

Communion Prayer

One person to pray

Almighty God, our heavenly Father,
You gave your only Son Jesus Christ
to die on the cross for us.

He commanded us always to remember his precious death, until the day
when he comes back.

On the night when Jesus was betrayed, he took bread, [you might like to
pick up the bread at this point] gave you thanks and broke it.

He gave it to his disciples saying:

“Take, eat, this is my body which is given for you;
do this in remembrance of me.”

You might like to tear the bread at this point

In the same way, after supper, he took the cup [you might like to lift up a
glass of wine] and gave you thanks.

He gave it to them, saying:

“Drink this, all of you, this is my blood of the new covenant,
which is shed for you and for many for the forgiveness of sins.

Do this as often as you drink it, in remembrance of me.”

Amen.

Share the bread and juice

Take and eat this, in remembrance that Christ died for you.

Drink this in remembrance that Christ’s blood was shed for you,
and be thankful.

Final Prayers

After everyone has received, pray this prayer.

Father of all we give you thanks and praise that when we were still far
off you met us in your Son and brought us home. Dying and living he
declared your love, gave us grace and opened the gate of glory. May we
who share Christ's body live his risen life; we who drink his cup bring
life to others; we whom the Spirit lights give light to the world. Keep us
firm in the hope you have set before us, so we and all your children shall
be free and the whole earth live to praise your name, through Christ our
Lord.

Amen.

You might like to finish with someone praying this prayer by Richard of Chichester (1197-1253)

Thanks be to you O Lord Jesus Christ, for all the benefits you have given us; for all the pains and insults which you have borne for us. O merciful redeemer, friend and brother, may we know you more clearly, love you more dearly, and follow you more nearly, now and for evermore.
Amen.