# Communion

Remember we don’t Fast or take communion to gain God’s favor we have already received forgiveness and grace to last a lifetime but we fast to experience more of what He has already given to us!

* Confess your sins – moment of silence 1 Corinthians 11:27-31
* Remember His Body Broken for you Matthew 26:26; 1 Cor. 11:23-24
  + Thank the Lord for His Body
* Remember His Blood Shed for our sins Matthew 26:27; 1 Cor. 11:25-26
  + Thank the LORD for His blood
* Sing a worship Song (suggestion “We exalt thee”)

**Communion Suggestions**: Buy Matzo Bread – unleavened – I like it because it is striped and pierced; use just one cup of juice and simply dip your Matzo into the juice

