

## A Week of Communion at Home

As we begin the New Year, we invite you to set aside time each day to remember Jesus through communion. This can be done individually, with a spouse, or as a family. Keep it simple and meaningful.

**What You'll Need:** Bread or a cracker, juice or water, and a quiet moment to pause and pray. *Take time to read **1 Cor. 11:23-33** each day.*

### How to Take Communion Each Day

- **Pause and Reflect:** Take a moment to quiet your heart. Thank Jesus for His love, sacrifice, and faithfulness.
- **The Bread :** Hold the bread and pray: "Jesus, thank You for Your body given for me. I receive Your grace, healing, and strength."
- ***Eat the bread.***
- **The Cup:** Hold the cup and pray: "Jesus, thank You for Your blood poured out for the forgiveness of my sins. I receive Your mercy and new life." ***Drink the juice or water.***
- **Close in Prayer:** Ask God to guide your steps in the year ahead and surrender your plans to Him.

### A Simple Focus for Each Day

Day 1: **Gratitude for what God has done**

Day 2: **Repentance and forgiveness**

Day 3: **Peace and rest in God**

Day 4: **Strength for the days ahead**

Day 5: **Guidance and wisdom**

Day 6: **Renewal and hope**

Day 7: **Dedication of the New Year to God**

There is no "perfect" way to do this; just come as you are!  
Communion is about remembering Jesus and inviting Him into every part of your life as you begin a new year.