

Holy Communion (also called the Lord's Supper, Holy Eucharist, and similar) is one of the fundamental, uniting elements that Christians around the world hold in common with one another. Holy Communion, considered a Sacrament (God's command through Jesus Christ) by most Christians, is the reception of God's grace through the physical consumption of bread and wine (or unfermented grape juice). Celebration of the meal is traced to the earliest of New Testament times in Holy Scripture, and it continues to be celebrated today as a central act of worship in Christian churches.

In the Gospel of Luke, Christ shares his last meal with his disciples in the celebration of the Jewish celebration of the Passover Meal. Following the completion of the meal, Jesus offered to share bread and wine with his disciples.



First, upon giving of the bread to his disciples, Jesus states, "This is my body, which is given for you. Do this in remembrance of me." Christ then follows likewise with the cup, "This cup that is poured out for you is the new covenant in my blood" (Luke

The works and writings of the Apostle St. Paul then helps to incorporate Holy Communion in the life of the church, as in his First Letter to the Corinthians, stating, "For I received from the Lord what I also handed on to you, that the Lord Jesus on the night when he was betrayed took a loaf of bread...In the same way he took the cup also...For as often as you eat this bread and drink the cup, you proclaim the Lord's death until he comes" (1 Cor 11:23-26, NRSV). Thus begins the inclusion of Holy Communion as an official, central act of the church.

In conjunction with many other Christian Churches across the world, FaithSpring Church uses bread and juice to celebrate the Sacrament of Holy Communion. The elements are consecrated (blessed) by an ordained pastor or their representative, and the changed elements of bread and the cup become the Spiritual nourishment for our souls. Although other Christian churches' opinions vary widely in regards to the theology, physical elements, and beliefs associated with consumption, FaithSpring recognizes and accepts other Christian traditions in regards to Communion-related theology as valid, fundamentally because the Sacraments are Holy mysteries by which only God himself completely understands. First and foremost, we practice Holy Communion in obedience to God.

At FaithSpring, anyone who wishes to receive the Sacrament of Communion is invited to receive the elements, regardless of age, gender, or any other station in life. It is

FaithSpring's perspective that God's grace is available to all people, without bias or any qualification. In order to receive Communion at FaithSpring, an individual must only desire to receive God's grace, regardless of their awareness of the doctrine or theology involved. Parents and caregivers may make their own decisions on behalf of their children or other persons in their care who may not understand the purpose or intent of Holy Communion. Any persons present that do not wish to receive Communion are welcome to withhold based upon their own decision.

Holy Communion is served on a regular basis at FaithSpring. Some individuals maintain certain dietary needs that restrict consumption of the typical elements; therefore, alternative elements are offered at regular FaithSpring Communion services. Holy Communion may also be offered at chapel services, special events, and gatherings that may occur in other locations. Since Communion is considered as the spiritual nourishment for our faith journey, people are encouraged to receive Communion as often as possible for the strengthening of our minds, bodies, and especially our souls.