



## **The biblical foundation for Communion**

The Last Supper (the Passover meal Jesus shared with His disciples the night before He was crucified) is the Biblical foundation for the Communion meal celebrated by Christians all over the world today. With His twelve disciples gathered, Jesus "took bread, gave thanks and broke it, and gave it to them, saying, 'This is My body, given for you; do this in remembrance of Me.' In the same way, after supper He took the cup, saying, 'This cup is the new covenant in My blood, which is poured out for you'" (Luke 22:19–20).

## **Who can take Communion?**

Communion is "the believer's meal" intended for followers of Christ, by which they acknowledge and remember Jesus' death on the cross—the ultimate sacrifice for the forgiveness of sins.

- Willow Creek extends an "open" Communion table, meaning the invitation to receive Communion during a Willow service is open to any follower of Christ, regardless of membership at Willow, denominational affiliation, or spiritual tradition.
- Those curious about Christianity, who have not yet made a commitment of faith through Jesus Christ, are encouraged to simply let the Communion plate pass by, using that portion of the service to instead pray and reflect on their personal faith journey.

## **When is Communion celebrated?**

Communion is celebrated approximately every six weeks during weekend services at each Willow campus.

## **How are the elements distributed for Communion?**

Depending on your campus, you will have the opportunity to receive prepackaged communion either from a Guest Experience Host as you enter or through communion stations located within your sections.

## **I am on a gluten-free diet. Can I still celebrate Communion?**

To meet the dietary needs of our congregation, gluten-free options are available at most Willow campuses. Simply find a Guest Experience host before the service and let them know you would like to receive a gluten-free option.