



## Sensory Communion Experience

### Preparation required:

- 2 group members to lead through the script.
- Each person in the group will need grapes, and a good sized piece of bread with a crust (not crackers).

*Have some soft instrumental music playing in the background such as this:*

<https://www.youtube.com/watch?v=aWZBTBeOpFs&t=2731s>.

**Speaker A:** We are going to lead you through a sensory exercise as we share communion remembering together Christ's sacrifice. We will be aware of each aspect of communion through each of our senses.

**Speaker B:** Bread and wine (in the form of grapes) are symbols of God's daily provision and a symbol of God's provision for our eternal life. God provided Jesus out of His deep love for us and as a sacrifice for sin so.

**Speaker A:** You have a plate in front of you with a cluster of grapes, and a piece of bread.

God you know me, // you know my offenses, // My understanding is limited and my words are inadequate to see and express how I have hurt you and hurt others. // I trust in the sacrifice of Jesus, his blood covering the hurts I have caused you and others. // I thank you for providing me a way back into your embrace of love.

*Pick one of these songs to listen to together.*

"Remembrance"

<https://www.youtube.com/watch?v=bdx9AeiPTGk>

"Lord, I Need You"

<https://www.youtube.com/watch?v=LuvfMDhTyMA>

Fred Hammond, "Give Me a Clean Heart"

[https://www.youtube.com/watch?v=uql\\_K2RC7pU](https://www.youtube.com/watch?v=uql_K2RC7pU)

**Speaker B:** Hold the bread in the palm of your non-dominant hand//draw your attention to it// feel the weight of it.

In John 6:50-51, Jesus says,

But here is the bread that comes down from heaven, which anyone may eat and not die. I am the living bread that came down from heaven. Whoever eats this bread will live forever. This bread is my flesh, which I will give for the life of the world."

(Matthew 26:26) While they were eating, Jesus took bread, and when he had given thanks, he broke it and gave it to his disciples, saying, "Take and eat; this is my body."

**Speaker A:** Slowly tear the bread apart and listen as you do.

Jesus, bread of life, broken for you

Bring your attention to the texture by touching the bread. Close your eyes if that helps you focus. Turn the bread between your fingers, feel the inside, feel the outside. Run your finger along the edge of the crust.

Remember that brokenness in the hands of God is restored and healed.

**Speaker B:** Hold the bread beneath your nose and inhale the aroma, notice the layers of scent

Jesus, bread of life, broken for you

Now gently place it on your tongue, don't chew or swallow. Notice how the flavor changes as it sits in your mouth.

When you are ready to chew the bread - What happens? What waves of taste emanate from it as you continue to chew? Notice the sensations of taste and texture in the mouth and how these change moment by moment. Notice how your jaw, and tongue move to facilitate eating. Marvel at the complexity of all that is happening.

Jesus, bread of life, broken for you

When you are ready swallow the bread.

Bring your focus to God. In quiet prayer express your thankfulness for His provision.

*Choose one of the following song(s) to sing together or just listen to:*

"Jesus Paid It All"

<https://www.youtube.com/watch?v=D5DyeCx8H4U>

"At the Cross"

[https://www.youtube.com/watch?v=Zev5tHjCB\\_s](https://www.youtube.com/watch?v=Zev5tHjCB_s)

**Speaker A:** Matthew 26:27- 29 Then he took the cup, gave thanks and offered it to them, saying, "Drink from it, all of you. This is my blood of the covenant,

which is poured out for many for the forgiveness of sins. I tell you, I will not drink of this fruit of the vine from now on until that day when I drink it anew with you in my Father's kingdom.

**Speaker B:** Take a single grape from the cluster and if you're comfortable close your eyes. Hold the grape in your hand, feel the weight of it. ///

Place the grape against your lips and notice how that feels. // Now take a small bite of the grape. Let the grape fragment rest on your tongue. // Notice how the flavor changes as it sits in your mouth.

Remember. Taste and see that the Lord is good. Remember that God is good. He shares His goodness with you. Thank Him for this.

Chew slowly. Swallow when you are ready.

**Speaker A:** The first step in the delicate grapes journey from fruit to wine is crushing. As delicate grapes are crushed, their sweet juices come into contact with the grape skins, then over and over they are subjected to treading and pressing in their journey from fruit to wine.

(Isaiah 53:5) 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.

Draw your attention to the portion of grape in your hand, look at the exterior and interior, the colours the texture. Hold it between two fingers and squeeze it into your mouth.

Remember. At the close of this communion experience, give thanks. Speak it aloud so that others in the group can be encouraged also.

**Speaker A:** We praise you God that you gave us Jesus. We are no longer slaves to sin. Now we are your children drawn into your embrace for eternity.

You may also choose to finish eating the communion meal on your plate.

"Who You Say I Am"

[https://www.youtube.com/watch?v=lcClBpI3n\\_4](https://www.youtube.com/watch?v=lcClBpI3n_4)

"O Praise the Name"

<https://www.youtube.com/watch?v=LqBpifDpNKc>