



# Altars in the Home: Where the Eucharist/Communion Plays a Part

All of what is discussed here covers the broad topic of altars or places of worship in our homes. BUT we are focusing specifically here about the eucharist being part of those altar moments.

Why would the inclusion of communion in worship at home be important?

- **Scripture instructs us to remember.**
  - Deuteronomy 6:4-9 *“Listen, O Israel! The Lord is our God, the Lord alone. And you must love the Lord your God with all your heart, all your soul, and all your strength. And you must **COMMIT yourselves wholeheartedly to these commands** that I am giving you today. Repeat them again and again **to your children. Talk about them when you are at home** and when you are on the road, when you are going to bed and when you are getting up. Tie them to your hands and wear them on your forehead as reminders. Write them on the doorposts of your house and on your gates.”*
  - Mt. 26:26-28 *“Now as they were eating, Jesus took bread, and after blessing it broke it and gave it to the disciples, and said, “Take, eat; this is my body.” And he took a cup, and when he had given thanks he gave it to them, saying, “Drink of it, all of you, for this is my blood of the covenant, which is poured out for many for the forgiveness of sins.”*
- **The Eucharist/Communion invites God’s presence into our home/family**
  - So we become **passionate disciples and not just church people**. We are called to be **“devoted”**. Acts 2:42 – *“All the believers devoted themselves to the apostles’ teaching, and to fellowship, and to sharing in meals (including the Lord’s supper), and to prayer.”*

- **Taking the eucharist is a realigning moment.**
  - Realignment comes with remembering.
  - It's a matter of will. You are sanctifying and setting yourself apart
  - It becomes our north star – it's how we find our way home

**North star - Polaris**

Most stars travel a great distance over the course of a night. Polaris is different. Because it is so close to the celestial pole, it traces out a very small circle in 24 hours. So, it always stays roughly in the same location in the sky. Therefore, it is reliable in finding which direction is north.

Sailors used to only have this star system to navigate by. It was their **ONLY WAY To GET HOME**. (the star the wise men saw)

- The eucharist continually calls us back to say “who am I? and what am I doing again? – besides just existing in life and trying to survive.
- **Taking the eucharist reminds us of who we are in Christ** – Ephesians 1
  - A critical factor in a child (person's) development is identity. The Eucharist recalls to the fact that **I am blessed with every spiritual blessing; chosen, adopted, redeemed, worth God's love. Under a new covenant.**
  - When we take communion, we are acknowledging our identity – **we are new creation** people! So, I'm not abandoned in my spiritual walk, I belong to a people set apart. Marked with the seal of the Holy Spirit when I believed. (Eph 1:13)
- **Taking the eucharist is a bondage-breaking moment.**
  - By calling the power of the death of Christ to free us again.
  - We are activating the “gospel” – Eph. 1:7 redemption – “He is so rich in kindness and grace that he purchased our freedom with the blood of his Son and forgave our sins. (NLT)
  - It is an overlooked weapon of spiritual warfare.
  - We put the enemy's recriminations under the blood. The blood is like acid to sin.
- **Taking communion fosters unity and love within the home.**
  - The scripture instructs us to examine our hearts before we take communion.

- Mt. 5:23-24 *“If therefore you are offering your gift at the altar, and there remember your brother has something against you, leave your gift, and go and be reconciled to him, then come offer your gift.”*
- It’s pretty difficult to sit down with each other and pray or take communion and be at odds with one another.
  - Wouldn’t communion bring then moments of confession and repentance toward one another? Wouldn’t it result in a deeper love?
- **Communion can be a priesting moment.**
  - As the priesthood of believers, we have certain responsibilities in our care and concern for one another, the world we live in, and therefore in the battle going on in the heavenlies.
  - In our prayer for each other we can claim the blood of Jesus over one another.
    - In I Corinthians 11 – we saw the opposite of care was happening in their gathering for the “love feasts”. There was selfishness on display. In this they dishonored the death of Christ, His majesty and person.
    - Communion is a relational moment. That’s why you will see healing take place as the blood and body of Jesus is declared over each other. It’s a relinquishing prayer to submit and fall under the power of the blood. The blood is POWERFUL!
    - The powers were disarmed by Jesus’ death and resurrection (Col. 2) – by the brokenness and pouring out of His blood. **We can claim this defeat over the strongholds in our lives and the lives of others.**

What actions can help us incorporate communion in our homes, and what can trip us up?

- Use the scripture
  - Pulling out the list of spiritual blessings in Ephesians 1. This puts us in the upper story instead of just existing as earth-bound beings. Identify the Father’s heart and provision – the scriptures interpret our lower story.
  - Reading other scripture that talk about why we enact to remember. For instance, Colossians 2 is the practice of Jesus’ death. Declaring his death and then looking at the depth of it. We are not just saying he died – but what happened in his death. Jesus had to die in order for .... What is the for?

- When you proclaim His death until He comes you are proclaiming the dark powers have been defeated and proclaiming identity. The resurrection is how this came to be.
- Set in motion methods of “remembering.”
  - Family members **given assignments** to help in the remembering, or to dig into what the Word says about taking communion.
  - **Habit stack** if it is hard to remember – attach to a certain day of the week, a meal, other activity that is a regular occurrence.
  - The enemy will do his best to keep you from remembering.  
“Do this in remembrance of me” is the opposite of “forgetting”. Forgetting is a weapon used against our declaration that Satan has been defeated. He hates being reminded of that fact.
- A trip hazard is, assuming we have to “feel something” as we take it. We cannot become addicted to feelings. The test of our fidelity is that we COMMIT regardless of what we feel. We model that we are committed.
  - The enemy will tell you it is a useless action because “see you don’t feel anything”. Mk 4 – the enemy steals the Word.
- Another trip hazard is we make it too complicated and so we give up.
  - It doesn’t have to be a teaching moment, can be as simple as taking the elements and a prayer of “we commit ourselves to you Lord.”
  - How often – ideally every day, but not commanded. Can start small and work up. Jews practice Shabbat every Friday. When they remember God’s work in their history and present.
  - Remember when we do stumble by forgetting, we brush ourselves off and get up again. It’s like the Ignatius rules– resisting the enemy by getting up time and time again until he finally gives up is necessary!

## Close

This is an invitation from a Father who is in His loving kindness saying come be a part of what I am doing. Let me increase your capacity to Know me Better.

Not shame or something else to “pile on” and make your life harder.

*You are simply invited!*