

## Introduction

The question of how often we should partake in the Lord's Supper (also called Holy Communion or the Eucharist) is important for any serious believer. Different denominations observe it with varying frequency—some weekly, others monthly, and some even annually. But what does the Bible actually say? While it doesn't prescribe a strict timetable, the principles laid out in Scripture give us clear direction when interpreted theologically and spiritually.

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1. Christ's Command: "Do This in Remembrance of Me"

*Luke 22:19 (NKJV) – “And He took bread, gave thanks and broke it, and gave it to them, saying, ‘This is My body which is given for you; do this in remembrance of Me.’”*

The phrase “do this in remembrance of Me” implies repetition. Jesus didn't mean this to be a one-time event, nor did He tie it exclusively to the Passover. The Greek word for “do” (poieite) is in the present imperative tense, which implies ongoing or repeated action. It's a perpetual command for His followers.

If someone gave you their photo and said, “Keep this in remembrance of me,” you wouldn’t glance at it once a year and forget it. You would keep it close and regularly reflect on it—especially if that person means a lot to you. So it is with Christ: if He is truly in our hearts, we will want to remember His sacrifice often.

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2. The Example of the Early Church

*Acts 2:42, 46 (NKJV) –*

“And they continued steadfastly in the apostles’ doctrine and fellowship, in the breaking of bread, and in prayers... So continuing daily with one accord in the temple, and breaking bread from house to house, they ate their food with gladness and simplicity of heart.”

Here, “*breaking of bread*” refers not just to common meals but to the Lord’s Supper, especially in verse 42 where it is listed alongside doctrinal teaching and prayer. The early Christians didn’t limit it to annual observances—they practiced it frequently, even daily in some cases.

*1 Corinthians 11:26 (NKJV) -*

“For as often as you eat this bread and drink this cup, you proclaim the Lord’s death till He comes.”

Paul uses the phrase “as often as,” showing flexibility but also assuming regular practice. It is not about fulfilling a ritual but about proclaiming the gospel through the Supper. Every participation is a declaration of Jesus’ death and our hope in His return.

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3. Theological Significance of Frequent Participation

The Lord’s Supper is not just symbolic—it is sacramental. It nourishes our spiritual life, deepens our communion with Christ and His body (the Church), and serves as a visible sermon of the gospel.

- Sanctification: Participating regularly helps shape our hearts and minds to live in a state of ongoing repentance and gratitude.
- Unity: It reminds us that we are one body in Christ (1 Corinthians 10:17).
- Anticipation of Christ’s Return: We “proclaim the Lord’s death *till He comes*” (1 Corinthians 11:26), thus keeping our hope alive.

Annual participation hardly reflects the weight of these truths in our daily walk with Christ.

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4. No Fixed Frequency, but Clear Spiritual Expectation

The Bible doesn't mandate a specific frequency for Communion—weekly, monthly, or otherwise. Just like with prayer and gathering:

Prayer:

“Pray without ceasing.” - *1 Thessalonians 5:17*

Fellowship:

“Not forsaking the assembling of ourselves together...” - *Hebrews 10:25*

These instructions don't have exact schedules, but spiritually mature believers understand the value of regularity and consistency. The same is true for the Lord's Supper.

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5. Warning Against Minimalist Approaches

Some religious groups argue that Jesus observed the Lord's Supper only once (during Passover) and thus conclude it should be observed annually. However, this approach overlooks the broader New Testament witness and the early Church's ongoing practice. Such legalistic minimalism robs the Supper of its transformative power.

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6. Additional Commands: Foot Washing and Daily Prayer

*John 13:14-15 (NKJV) -*

"If I then, your Lord and Teacher, have washed your feet, you also ought to wash one another's feet. For I have given you an example, that you should do as I have done to you."

Jesus modeled humility and service—not just in words but in

action. Regular acts of humility (like foot washing in its cultural and symbolic form) and prayer are also part of the Christian lifestyle.

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Conclusion: A Heart That Longs to Remember

The true question is not *how often* we are required to take Communion, but *how often our hearts long to remember Christ*. For someone truly born again, who understands the depth of Christ's sacrifice, it's unthinkable to wait a year or several months to partake. Love fuels remembrance, and remembrance fuels obedience.

Let us therefore approach the Lord's Table regularly—with reverence, joy, and a deep desire to honor the One who gave His life for us.

May the Lord bless you and deepen your understanding of His Word.

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