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CROSS A Message from
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Question: Why do churches of Christ take communion every Sunday?

Answer: Because the New Testament is the standard by which all such matters are decided. And the New Testament shows us that the church took the Lord's Supper every Sunday. How do we know this?

1st Corinthians 11:26 says, "***For as often as you eat this bread and drink this cup, you proclaim the Lord's death till He comes.***" This says we're to take it "often" until Jesus comes, but how often is "often"? *Acts 20:7* says, "***Now on the first day of the week, when the disciples came together to break bread, Paul...spoke to them...***" Here we see that the NT church came together on the first day of the week (Sunday) to break bread (i.e., to eat the Lord's Supper). This was their reason for coming together, to break bread and thereby remember Christ's death. We see also from *1st Corinthians 16: 1-2* that the first day of the week was the accepted day for worship.

Therefore, since every week has a first day (Sunday), and on that day the church met to break bread to remember Jesus' death, we conclude that every Sunday they ate the Lord's Supper. This is also confirmed by the testimony of early Christian writers like Justin Martyr. So, a better question is why do most churches take communion only occasionally?

--Steve McCaslin