**TCC January 2025 Leader’s Workshop Meeting**

**Trust, Communication, Communion**

*“If you remain in me and my words remain in you, ask whatever you wish, and it will be done* *for you*.” (John 15:17)

Communion conjures up the sacred experience of taking the bread and wine in thanksgiving and worshipping Jesus Christ for His sacrifice for my sins. During the Lord's supper, we take part of the bread, symbolizing Jesus’s broken body for us, and the cup, representing His blood shed for the forgiveness of sins (Luke 22:19- 20) It is time of reflection, gratitude, and renewal, reminding us of His love and the new covenant established through His sacrifice. Communion also unites believers as one body in Christ, strengthening our relationship with Him and one another while proclaiming his death until He returns ( I Corinthians 11:26). Beyond the lord's table, we have access to communion with Christ that enhances our communication with Christ.

Abiding in Christ in communion connects to Christ in communication. Communion builds trust and intimacy, creating a spiritual sensitivity that helps us discern His voice more clearly. As we draw closer to Him, distractions fade, allowing us to hear his guidance and feel His love viscerally. This sacred fellowship transforms prayer from a one-sided conversation into a meaningful dialogue. He cultivates humility and gratitude, enriching our faith and enabling us to approach the throne of grace confidently. Ultimately, communion nurtures a heart attuned to the Holy Spirit, empowering us to communicate authentically and effectively.

Tim Keller in his book, “Prayer” (2016) highlights the struggle and richness of communing in prayer, “Prayer is awe, intimacy, struggle – yet the way to reality. There is nothing more important, or harder, or richer, or more life-altering. There is nothing so great as prayer.” An honest take on the struggles to overcome obstacles in being a serious student of prayer. By the grace of God, obstacles to prayer can be overcome.

Sometimes, obstacles can keep us from fulling enjoying meaningful time of communion with Christ. One communion barrier is **distraction** - busy mind or external interruptions that pull your focus away from Him. **Unconfessed sin** can also create a sense of distance, making it harder to approach Him with an open heart. Then there's **routine** - when communion becomes just a ritual instead of a heartfelt experience**. Doubt** or feelings of unworthiness may creep in, causing you to forget the grace Jesus offered. The good news? Jesus welcomes you back just as you are. Take time to prepare your heart through prayer and confession. Set aside distractions and focus on his sacrifices and love. Sweet communion with Jesus is always available when your heart is open.

You can also experience the benefit of connecting with others by learning to be in communion with those you love. Intimacy with another cultivates a deeper bond, creating a foundational **trust**, **understanding** and mutual **respect** that enhances communication. To commune with another person in a deep, abiding relationship, prioritizes intentionality and authenticity. To nurture genuine connection, spend quality and quantity time together, free from distractions. Practice active listening, show empathy and understanding as you seek to truly know their thoughts, feelings, and experiences. Engage in meaningful conversations, sharing your own vulnerabilities to build trust and intimacy. Resolve conflicts with patience and humility, prioritize the relationship over being right. Pray or reflect together, if appropriate, to deepen spiritual connection. Consistency, honesty, and commitment to mutual growth are key to nurturing a lasting relationship communion with God and people enhances communication.