THIS MORNING IS COMMUNION SUNDAY

What is Communion?

"Do this in remembrance of me" (Luke 22:19) Communion (the Lord's Supper) visibly expresses the Gospel: how Christ's body and blood were given for us. When we take the bread and the cup, we remember Jesus' sacrifice for us. This ordinance has been done by Christians from the very beginning of the church.

How do we do this?

Before the service begins, please pick up a communion kit from the baskets at the entry tables. Each kit contains the bread and the cup (juice, not alcohol), and gluten-free options are available.
After a brief explanation, we will reflect and pray, read the Scriptures on communion, and then take it together - first the bread, then the cup. Used kits can be discarded after the service.

Who should take communion?

Communion is a beautiful celebration for those who trust in the Lord Jesus, regardless if you are a member here. If you are not someone who trusts in Jesus, simply use the time to reflect. We are glad you are here and hope that, in time, you will trust in Christ.

If you are a believer, but are holding on to unconfessed or unrepented sin in your life or are in divisive conflict with a fellow believer, use the time to ask for transformation in your heart so that you are not taking the communion in an "unworthy manner" (1 Corinthians 11:27). However, if you are broken over your sin and looking to God's grace, then the Lord's Supper is for you.

ANKENY FREE CHURCH

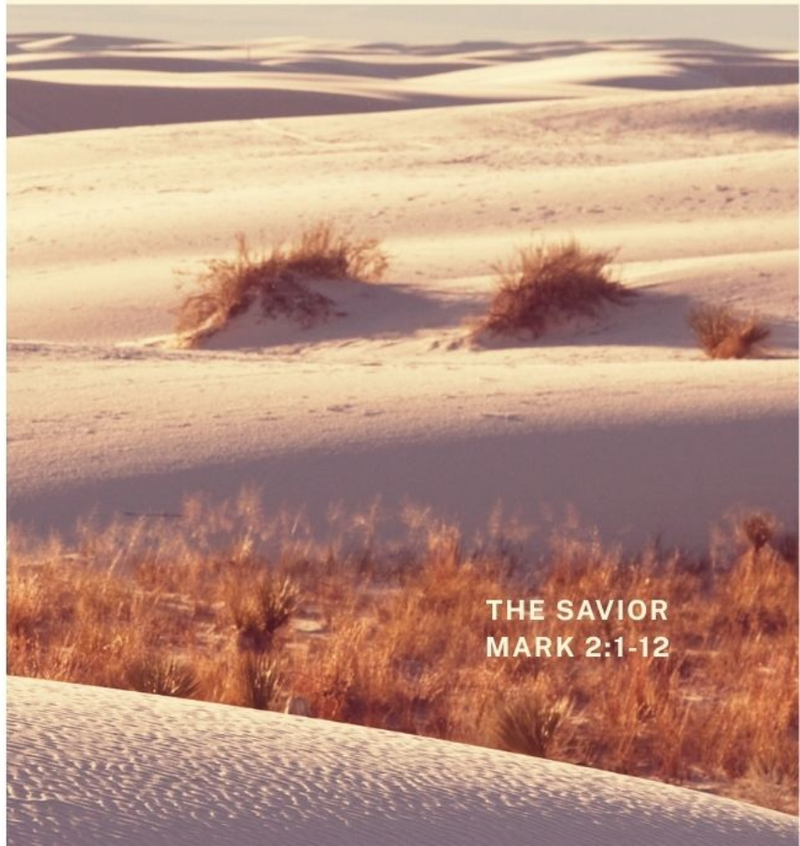
office@ankenyfree.church
Ankenyfree.church

October 4, 2026

THE GOSPEL OF

MARK

KNOWING THE SON OF GOD



TAKE A RISK FOR JESUS

Take a Risk for Jesus is a simple, visible way for us to mark **steps of faith** as they happen, and to encourage one another to keep taking them.

Here's how it works: In the **Kid's Building and Worship Center foyers,** you'll find a display with a basket of colorful ping pong balls nearby. Each time you take a deliberate **step of faith**, drop a ping pong ball into the display.

Your step of Faith might be a personal step of discipleship, like j**oining a group, confessing something to a friend**, having an uncomfortable conversation, forgiving someone, starting a bible reading program, memorizing Scripture, focusing on prayer, or increasing in generosity. It might be a step in reaching others, like **inviting a neighbor over, sharing your story**, asking a spiritual question, or serving someone outside your usual circle. It might also be something we do together as a church. These steps don't have to be new inventions. No one will ask what your ball represents, and **no step is too small if it took faith to take it.**

We step out because Jesus is worthy of our trust and obedience. Our confidence isn't in ourselves, but in Christ. **This is not a scoreboard; it is not a contest**. This is a picture of our church responding to Jesus, **one step at a time**. We will watch the container fill and let it remind all of us that **God is at work in and through us.**

The Gospel of Mark

The Savior

Mark 2:1-12

Jesus answers the deeper need.

Surprise #1 (1-5)

Surprise #2 (6-12)

Something for us:

Todd Hessel October 4, 2026 todd@ankenyfree.church

Tear here

CONNECT CARD

We'd love to get to know you and help you get connected. Please take a moment to fill out this connect card and drop it in one of the boxes at the back of the Worship Center as you leave.

Name:

Email:

Phone:

- [ ] I am new to Ankeny Free Church
- [ ] Add me to the church weekly email update.

HOW CAN WE PRAY FOR YOU?

- [ ] Confidential (Elders Only)
- [ ] I would like someone to follow up with me.

ATTEND A NEXT STEP CLASS

- [ ] I would like to learn about getting connected with Ankeny Free Church by attending a "Next Step" Class.

Ankenyfree.church/connect