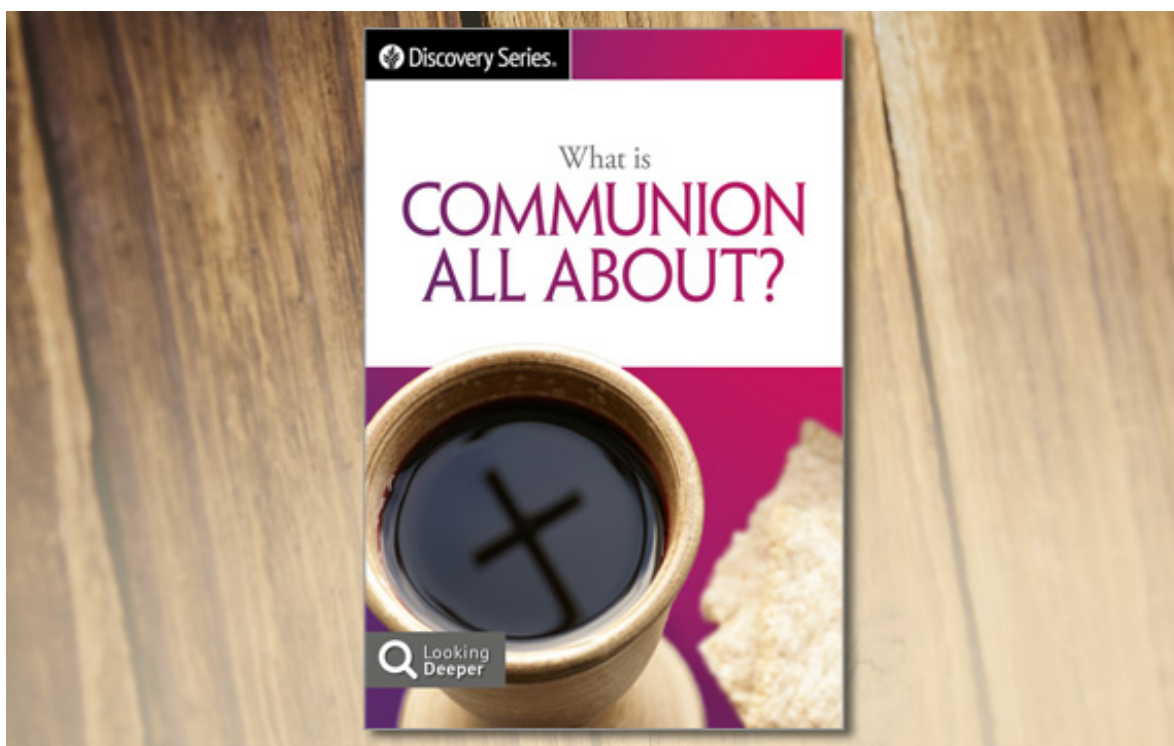


From: Our Daily Bread Ministries donotreply@messages.odb.org
Subject: Ever felt disconnected during communion?
Date: 2 April 2026 at 10:00
To: [REDACTED]



♥ SUPPORT



Ever felt disconnected during communion?

If you've ever taken communion and quietly wondered *"What's really going on here?"* – you're not the only one.

Many Christians go through the motions without fully understanding the meaning behind the bread and the cup. But communion isn't just a church tradition. It's a powerful reminder of what Jesus did – and what it means for our relationship with God today.

Our free digital booklet "What Is Communion All About?" explores:

- Why Jesus introduced communion at the Last Supper
- What the bread and cup actually represent
- How communion connects us with God – and with each other
- How to approach communion with deeper meaning and reflection

It's a short, accessible guide that helps bring fresh clarity to one of Christianity's most important practices.

Download your free copy today and rediscover the meaning behind communion.

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