**The Importance of Intentional Communion**

*1 Corinthians 11:20*

**Summary**: The outline focuses on the importance of intentional participation in communion, emphasizing the invitation to all believers, the need for proper preparation, and the transformative impact it can have on spiritual growth.

**Topic**: Communion

## Invitation to Participate [1 Corinthians 11:20]

1. Inclusion of all believers [1 Corinthians 11:20]

2. Intentional gathering as a community [1 Corinthians 11:20]

3.

## Instruction for Proper Preparation [1 Corinthians 11:28]

1. Individual self-examination [1 Corinthians 11:28]

2. Introspection and repentance [1 Corinthians 11:28]

3.

## Impact of Communion on Spiritual Growth [1 Corinthians 11:29-30]

1. Nourishment for the soul [1 Corinthians 11:29]

2. Healing and restoration [1 Corinthians 11:30]

3.