

# ONE BREAD, ONE BODY : THE GOAL OF ECUMENISM, A MISSION BASED ON DIALOGUE AND TRUTH.

## What is ecumenism?

Understanding why these divisions occurred is important for understanding each Christian denomination. However, more importantly for Christians of all denominations, the existence of **divisions within Christianity** is seen as **contrary to the teachings of Christ**.

The challenge for Christianity as a whole and for each Christian denomination is to understand why these divisions came about and how to **work towards healing these divisions**. The movement that addresses this important concern is called **Ecumenism**.

Particularly in recent centuries, many Christians have realised the need to heal the divisions between different groups of Christians and to work toward a meaningful form of Christian unity. Working through these challenges is the task of the Ecumenical movement.

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### How to take Communion in a worthy manner?

1. Jesus is the Bread of Life
2. Jesus body was broken for our sins
3. One Bread, One Body

Our Vertical and Horizontal relationships need to be in good standing.

