

“Communion”

Open The Conversation: How are you intentionally pursuing God in this season?

Key Scripture: Read the following together. *and when He had given thanks, He broke it and said, “Take, eat; this is My body which is broken for you; do this in remembrance of Me.” In the same manner He also took the cup after supper, saying, “This cup is the new covenant in My blood. This do, as often as you drink it, in remembrance of Me.” For as often as you eat this bread and drink this cup, you proclaim the Lord’s death till He comes. Therefore whoever eats this bread or drinks this cup of the Lord in an unworthy manner will be guilty of the body and blood of the Lord. But let a man examine himself, and so let him eat of the bread and drink of the cup. For he who eats and drinks in an unworthy manner eats and drinks judgment to himself, not discerning the Lord’s body. For this reason many are weak and sick among you, and many sleep. For if we would judge ourselves, we would not be judged.*

1 Corinthians 11:24-31

1. What does this scripture tell me about me?
2. What does this scripture tell me about God?

Start Sharing: Choose one question to start the conversation, move onto others if time allows.

- How do you personally prepare your heart and mind before receiving communion? What has helped you understand its significance?
- Reflect on a time when you felt the transformative power of communion in your life. What emotions or changes did you experience?
- What areas of your life do you feel need healing or restoration as you approach the Lord’s Table? How can you bring those to God in faith?
- In what ways do you think receiving communion can impact both individual believers and the church family as a whole? How does the idea of it being a “family meal” resonate with you?
- Paul warns against receiving communion in an unworthy manner. What practical steps can we take to ensure we approach the Lord’s Table with reverence?
- Discuss the connection between the promises of God and the act of communion. How can understanding our covenant with God shape our faith and actions in daily life?

Start Praying: Pray together and for one another.

“God, thank you for making communion with you so available. Help us to walk in righteousness and close relationship with you daily. Amen.”