

Our Covenant Meal

Open The Conversation: Share your favorite meal you had in the past week

Key Scripture: Read the following together.

“For this Melchizedek, king of Salem, priest of the Most High God, who met Abraham returning from the slaughter of the kings and blessed him, 2 to whom also Abraham gave a tenth part of all, first being translated “king of righteousness,” and then also king of Salem, meaning “king of peace,” 3 without father, without mother, without genealogy, having neither beginning of days nor end of life, but made like the Son of God, remains a priest continually. 4 Now consider how great this man was, to whom even the patriarch Abraham gave a tenth of the spoils. 5 And indeed those who are of the sons of Levi, who receive the priesthood, have a commandment to receive tithes from the people according to the law, that is, from their brethren, though they have come from the loins of Abraham; 6 but he whose genealogy is not derived from them received tithes from Abraham and blessed him who had the promises. 7 Now beyond all contradiction the lesser is blessed by the better. 8 Here mortal men receive tithes, but there he receives them, of whom it is witnessed that he lives. 9 Even Levi, who receives tithes, paid tithes through Abraham, so to speak, 10 for he was still in the loins of his father when Melchizedek met him.”

Hebrews 7:1-10

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 does the image of Melchizedek as the "King of Righteousness" and the "King of Peace" resonate with your own life? Reflect on areas where you need God's righteousness and peace. How can you invite more of that into your daily life through communion and relationship with Him?
- What are some ways you can engage more meaningfully with the "meal" of communion in your life? Consider how you can approach communion not just as a tradition, but as a powerful, life-changing moment of renewal and covenant with God. How might this shift your heart toward worship and thanksgiving?
- In what ways can we actively embrace the "meal of deliverance" today, as we remember God's covenant through communion? Reflect on the power of communion as a meal of deliverance, healing, and strength. How can we live out these realities in our daily lives?
- What does it mean to “receive the body and blood of Jesus” with a broken and humble heart, and how can this attitude impact our community as we gather together for worship? Share personal stories of moments when you felt God's presence and healing through communion. How can we encourage one another to come to the table with a heart of humility, joy, and faith?

Start Praying: Pray together and for one another.

“God, help us to walk in the deliverance, healing and strength you provide for us daily. We thank you for the covenant promise made available to us every day. You are good Father! Amen.”