



What is Communion?

Opening: Begin with a brief welcome and prayer to set the tone for the group time.

Overview: Communion is more than a repeated church routine. In the bread and cup, followers of Jesus participate in a story that reaches back to Passover, meets us now with the grace of Christ's finished work, and looks ahead to His promised return.

Leader Note: This is a great opportunity to invite your group to take communion together. You may consider taking it while you walk through the "Apply" section of this week's discussion.

Discussion Questions

CONNECT

- Is there a meal or a celebration from your past that still carries meaning for you? What people, place, or moment does it help you remember?
- Why do shared meals have such power to shape belonging and identity?

DISCOVER

Read Together: *Exodus 12:1-14; Luke 22:14-20; and 1 Corinthians 11:23-26 together*

Initial observations + Interpreting Scripture:

- **Initial Thoughts:** What stood out to you from these passages or from the sermon?
- **Communion Looks Back:** Jesus institutes the Lord's Supper during Passover and gives the meal its fullest meaning in His own sacrifice.
 - How does the rescue in Exodus 12 help us understand Jesus as the true and better Passover Lamb?
 - The first Passover families were rescued because an innocent substitute died in their place. How does that truth humble us and deepen our gratitude for the cross?
- **Communion Speaks Now:** Jesus calls the cup the new covenant in His blood, assuring believers of grace secured by Him rather than earned by us.
 - What present realities does Communion declare over a person who trusts Christ?
 - What is the difference between coming to the table because we had a good week and coming because Jesus is a perfect Savior?
- **Communion Redirects Our Memory:** Jesus says, "Do this in remembrance of me," inviting us to let His finished work interpret our failures and fears.

- What memories of failure, regret, or shame most often compete for your attention?
- How can confession be honest without allowing shame to have the final word?
- **Communion Looks Forward:** Paul says that at the table we proclaim the Lord's death until He comes.
 - How does the promised return of Jesus turn Communion into an act of hope?

APPLY – Come to the Table Honestly and Hopefully

Communion is reverent and sobering, but it is not hopeless; it centers us on Christ's finished work.

- **Look Back with Gratitude:** Name one aspect of Jesus' sacrifice for which you want to thank Him today.
- **Receive Grace in the Present:** Is there sin to confess or guilt you need to release by trusting in what Jesus has done?
- **Look Forward with Hope:** Where does the promise that Jesus will return bring courage to your life right now?

RESPOND

These prompts can be used for prayer and introspection. Discuss them together or invite everyone to reflect on them throughout the week.

- **Self-Reflect:** When I approach Communion, am I hiding, performing, pretending, or honestly looking to Jesus?
- **Challenge:** Before the next celebration of Communion, reread Luke 22:14-20 and prepare your heart through gratitude, confession, and hope.

GROUP PRAYER

Pray Together as a Group

Pray:

- **Our Passover Lamb:** Thank Jesus for His body given and His blood poured out for us.
- **Honest Confession:** Confess where you have trusted your own goodness or rehearsed your shame more than Christ's grace.
- **Present Grace:** Ask the Spirit to help the group receive Christ's forgiveness and extend grace to one another.
- **Future Hope:** Praise Jesus for the promise that He will return and make all things new.

CLOSING

Close by repeating this good news together: Christ died. Christ is risen. Christ will come again. Encourage anyone who is unsure what it means to trust Jesus to speak with the group leader or a pastor.