

Small Group Guide

Week of September 1, 2024
Speaker: Mark Delaney
What About Communion?



Icebreaker



- Does your family have any unusual traditions or rituals during meals? What's the story behind them?
- Do you prefer fast food or a home-cooked meal? Why?
- If you had to pick one meal as your "last supper," what would it be and who would you share it with?



Discussion Questions



- Communion is described as more than a ritual. How has your understanding of communion changed over time?
- How do you differentiate between a meaningful spiritual practice and something that has become merely ritualistic? What helps keep your spiritual practices fresh?
- Grace isn't just a concept, but personified in Jesus. How does this understanding of grace impact the way you live?
- What does it mean to you to remember Jesus during communion, and how does it shape your daily commitment to Him?
- Before taking communion, we are encouraged to examine ourselves. How do you approach self-examination in your spiritual life?
- Communion is a reminder of Jesus' sacrifice and the grace we receive. How do you find it challenging or easy to extend that same grace and forgiveness to others?
- The "Table Life" is about aligning everyday activities with God's mission. What's one practical way you can live out the table life this week?
- Communion is also a celebration of hope in Christ's return. How does this hope influence the way you handle challenges and uncertainties in life?



Thought for the Group



Today, we explored the profound meaning of communion, a practice that is central to our faith.

Paul's letter to the Corinthians, expresses concern about how the church had lost focus on the true meaning of the Lord's Supper. They had turned what was meant to be a sacred moment into a self-centered event. Paul's words serve as a wake-up call for us, too. Communion is a time to remember, reflect, and renew our commitment to Christ.

Communion is an opportunity to remember—not just the historical events of Jesus' sacrifice, but the personal significance it has for each of us. Jesus Himself instituted this practice, asking us to "do this in remembrance of Me." It's a time to recall the grace that was poured out for us and to realign our hearts with God's mission. Communion is also a moment to renew our commitment to Jesus. It's not just about taking bread and wine; it's about examining our lives, confessing our sins, and recommitting to following Christ wholeheartedly. Communion calls us to live out our faith authentically, aligning our actions with the beliefs we profess. Additionally, Communion is a celebration of hope. Each time we partake, we are proclaiming Jesus' death until He returns. It's a reminder that our faith is not just about the past but also about the future. We look forward to the day when Jesus will return, bringing complete restoration and joy.



Next Steps



- Plan to invite someone from your church or small group for a meal or coffee. Use this time to build deeper relationships, discuss your faith journeys, and encourage one another in living out the table life.
- Identify a person or situation where you've struggled to extend grace. This week, make a conscious effort to forgive or show kindness, even if it's challenging.