

Practice This

The Meal (Week 1)

LifeNotes

TALK IT OVER

Main Idea

Communion is a reminder that Jesus's sacrifice saves the world.

Key Scriptures

And he said to them, "I have earnestly desired to eat this Passover with you before I suffer. For I tell you I will not eat it until it is fulfilled in the kingdom of God." And he took a cup, and when he had given thanks he said, "Take this, and divide it among yourselves. For I tell you that from now on I will not drink of the fruit of the vine until the kingdom of God comes." And he took bread, and when he had given thanks, he broke it and gave it to them, saying, "This is my body, which is given for you. Do this in remembrance of me." And likewise the cup after they had eaten, saying, "This cup that is poured out for you is the new covenant in my blood." Luke 22:15-20 ESV

And they devoted themselves to the apostles' teaching and the fellowship, to the breaking of bread and the prayers. Acts 2:42 ESV

The cup of blessing that we bless, is it not a participation in the blood of Christ? The bread that we break, is it not a participation in the body of Christ? 1 Corinthians 10:16-17 ESV

For as often as you eat this bread and drink the cup, you proclaim the Lord's death until he comes. 1 Corinthians 11:26 ESV

Why do we practice communion?

1. Out of obedience
2. We're quick to forget

Why is communion so significant?

1. We remember His sacrifice
2. We enjoy His presence
3. We're filled with hope
4. We accept His invitation

Start talking.

- What's your favorite memory from your time at Harbor?
- Of our local and global partners, which one would you most like to visit/partner with and why?
- If you were to put on the lens of an outsider, what is the weirdest thing the Church practices and why?

Start thinking.

- What, if anything, was new to you regarding communion this week?
- Why do you think Jesus chose bread and wine, of all things, to help us remember his sacrifice?
- Read 1 Corinthians 10:16-17. Pastor Ryan mentioned that every time communion is mentioned in the New Testament, it's done with others, either in a service or at the end of a meal. Why is doing it with others so important?

Start sharing.

- Have you ever seen how a tangible object can help you to remember something or someone important?
- How have you personally found hope and joy in taking communion?

Start doing.

- How will you approach communion differently from now on?
- What does it look like to accept Jesus's invitation for you in the way that you remember his sacrifice and honor him with the way you live and love?

Closing prayer.

Father, thank you for the gift of your son Jesus. Thank you for the tangible reminder of communion, as I am so quick to forget what he's done for us. Help me to live a hope-filled life as I live and love others well. Remind me constantly of what Jesus has done for me, and keep it in the forefront of my mind as I go about my days.