



Communion, or the Lord's supper, is the activity where we eat bread and drink wine (or similar drink) to symbolize Jesus' broken body and spilled blood on the cross.

Communion is considered a "sacrament" or a religious activity we embrace because the Bible, Jesus Himself clearly instructs us to remember his work on the cross when we partake of the elements.

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DISCUSSION #1: A SYMBOL OF AN AMAZING REALITY

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As we begin this module, we will see how Jesus symbolically used communion as a way of explaining to His disciples what He would accomplish on the cross (literally hours before He did so).

MY STORY | Starting Place

Is there an event or special holiday your family intentionally "revisits" each year? How do you remind yourself of that?

DIGGING DEEPER | Practical Biblical Application

Now as they were eating, Jesus took bread, and after blessing it broke it and gave it to the disciples, and said, "Take, eat; this is my body." And he took a cup, and when he had given thanks he gave it to them, saying, "Drink of it, all of you, for this is my blood of the covenant, which is poured out for many for the forgiveness of sins. I tell you I will not drink again of this fruit of the vine until that day when I drink it new with you in my Father's kingdom."

Matthew 26:26-29

This dinner with his disciples was no ordinary meal. It was the Passover meal, celebrating God's deliverance of His people from Egypt by marking themselves with the blood of a spotless (perfect) lamb. You can read about it in Exodus 12. In this scene, Jesus is showing them how His coming sacrifice would fulfill the same purpose for people, but perfectly.

In this historical context, what do you think Jesus was trying to communicate to His disciples?

Imagine yourself in the room with them. Try to separate yourself from additional knowledge we have after the fact. What questions would you ask Jesus about what He is sharing?

What is the significance of “eating and drinking” in this?

GROWING TOGETHER | Spiritual Friendship

When you take communion, what do you think about? Where does your mind wander to?

How does this passage challenge you to think differently in taking communion?

MOVING OUTWARD | Faith in Action

The next time you take communion, discipline yourself to ponder all the punishment that has “passed over” you on account of Jesus’ sacrifice.

DISCUSSION #2: IN REMEMBRANCE OF ME

Communion, or the Lord's supper, is the activity where we eat bread and drink wine (or similar drink) to symbolize Jesus' broken body and spilled blood on the cross. Communion is considered a "sacrament" or a religious activity we embrace because the Bible, Jesus Himself clearly instructs us to remember his work on the cross when we partake of the elements.

Jesus demonstrated communion and told us to repeat the activity as an ongoing celebration of what He accomplished.

MY STORY | Starting Place

Birthdays and anniversaries can get boring over time. Share a fun way you celebrated a birthday or anniversary with others.

DIGGING DEEPER | Practical Biblical Application

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 22:19-20

Why do you think Jesus told them to, "Do this in remembrance of me?" Is there one thing or many things He wanted them to remember? Explain.

This practice was a common activity of the early church (Acts 2:42; Acts 20:7) and future Christians were clearly instructed to continue this activity as an act of celebration (1 Corinthians 11:23-26). Read these verses and discuss why this practice was so important for the early church.

GROWING TOGETHER | Spiritual Friendship

What do you think of when you take communion? It is always the same, does it change? Does it matter?

Repeated activities can become mundane and lose their intended purpose. How can you keep communion "fresh" and a meaningful spiritual activity?

MOVING OUTWARD | Faith in Action

Is there someone in your life with whom you could talk openly about communion—sharing what it means to you, and how it reminds you of the depth of God's love and sacrifice to save us?

DISCUSSION #3: CELEBRATE A CORE REALITY

Communion, or the Lord's supper, is the activity where we eat bread and drink wine (or similar drink) to symbolize Jesus' broken body and spilled blood on the cross. Communion is considered a "sacrament" or a religious activity we embrace because the Bible, and Jesus Himself, clearly instructs us to remember his work on the cross when we partake of the elements.

In communion we celebrate and remind ourselves of the centrality of Jesus' work on the cross.

MY STORY | Starting Place

Is there something you try to remind yourself of often? It could be about your family, a lesson learned, or the type of person you want to be.

DIGGING DEEPER | Practical Biblical Application

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." Luke 22:19-20

Taking communion to "remember" the death of Jesus can seem dark. What is the value of continually revisiting and celebrating this?

How does consistently thinking about and celebrating the death of Jesus help a Christian progress in their faith?

Psalms 116 is a beautiful account of what God has saved us from and how we can respond in gratitude. Read that Psalm and discern parallels to our communion experience.

GROWING TOGETHER | Spiritual Friendship

Communion reminds us of many things such as God's love for us and the serious reality of sin.

What else does, or could, communion remind us of?

Of all the aspects of communion identified, which one is the greatest need for you right now? Why?

MOVING OUTWARD | Faith in Action

Take communion this week and ask God to speak truth to you through the experience. What does he want the death and resurrection of Jesus to say to you this week?

DISCUSSION #4: ONENESS WITH JESUS & EACH OTHER

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In communion we celebrate our "oneness" in Jesus as through Him alone are we set free from sin.

MY STORY | Starting Place

What team or group have you been most proud to be a part of? Explain.

DIGGING DEEPER | Practical Biblical Application

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? Because there is one bread, we who are many are one body, for we all partake of the one bread. 1 Corinthians 10:16-17

In the larger context (1 Corinthians 10:1-22), we see the parallel of people in the Old Testament who received God's provisions and blessings, but neglected living as new people. Read that passage.

Summarize the warning the author is trying to convey.

Beyond the warning, what is he saying life should look like for the Christian?

How could oneness with Jesus and oneness with other Christians help us in this struggle?

GROWING TOGETHER | Spiritual Friendship

Share an aspect of "worldliness" that is a struggle for you.

Has this struggle been one you've experienced all your life, or something that came in later years? If the latter, what do you think God may be trying to cultivate in you by allowing you to battle this?

How can oneness with Jesus or other believers help you in this?

Communion reminds us of our sin and Jesus' power and desire to forgive and restore. In this, how does communion meet you in the midst of life's struggles?

MOVING OUTWARD | Faith in Action

Find someone in your circle of influence and encourage them about the unity, namely the oneness, we have with Jesus and one another.

DISCUSSION #5: PROPER PREPARATION

Communion, or the Lord's supper, is the activity where we eat bread and drink wine (or similar drink) to symbolize Jesus' broken body and spilled blood on the cross. Communion is considered a "sacrament" or a religious activity we embrace because the Bible, Jesus Himself clearly instructs us to remember his work on the cross when we partake of the elements.

Communion is a solemn activity where one should consider the significance of Jesus' sacrifice, and participate in reverence and self-evaluation.

MY STORY | Starting Place

Do you slow down to enjoy things (a good meal, beautiful vista, etc..)? Do you remember a time you slowed down and were deeply blessed by the experience? Tell us what happened.

DIGGING DEEPER | Practical Biblical Application

Whoever, therefore, eats the bread or drinks the cup of the Lord in an unworthy manner will be guilty concerning the body and blood of the Lord. Let a person examine himself, then, and so eat of the bread and drink of the cup. For anyone who eats and drinks without discerning the body eats and drinks judgment on himself. That is why many of you are weak and ill, and some have died. But if we judged ourselves truly, we would not be judged. But when we are judged by the Lord, we are disciplined so that we may not be condemned along with the world.

1 Corinthians 11:27-32

In this passage we learn that communion is not a casual activity, but rather a solemn experience for us to intentionally prepare our minds and hearts.

Summarize and discuss what Christians are encouraged to do during communion. What could "drink the cup in an unworthy manner," "examine ourselves," or "discerning the body" mean?

The second half of the passage seems to communicate a physical effect of not examining oneself. What do you think that means?

The last part of the passage is all about judgment from ourselves and from God. Discuss what Paul might mean by the difference.

GROWING TOGETHER | Spiritual Friendship

Have you or do you "prepare your mind and heart" for taking communion? What does that look like?

What insights does this passage lend to partaking in a way that honors God?

MOVING OUTWARD | Faith in Action

In taking communion this week, slow down to purposefully prepare your mind and heart. Allow insights from this study to guide you.