

THE BEAUTY OF COMMUNION

Big Idea: Communion is an important expression of our relationship with the Lord. It was established by Jesus Himself and is to be consistently celebrated by His followers.

In this sacrament, we remember what Christ has done for us. We rejoice in the grace, love and power He has provided through His sacrifice on the cross. We do this in order to thank Him and express our dependence on Him. As we celebrate communion, we also proclaim the benefits of His death in our lives: faith in what Jesus is doing right now, the unity we share as His people and the hope we have that He is coming again!

1 Corinthians 11:23-26 (NLT) *For I received from the Lord what I also delivered to you, that the Lord Jesus on the night when he was betrayed took bread, ²⁴ and when he had given thanks, he broke it, and said, "This is my body, which is for you. Do this in remembrance of me."²⁵ In the same way also he took the cup, after supper, saying, "This cup is the new covenant in my blood. Do this, as often as you drink it, in remembrance of me."²⁶ For as often as you eat this bread and drink the cup, you proclaim the Lord's death until he comes."*

Start Talking:

- If you could only have breakfast, lunch, or dinner food for one year, which type of food would you select? Why?
- What is one of your favorite memories of sharing a meal with family or friends? What made it special?

Start Thinking:

- Jesus chose to share a meal with his disciples before his arrest and eventual crucifixion. What was the significance of this decision?
- **Read 1 Corinthians 11:23-26.** Jesus encouraged the disciples to partake of communion often and to do in "remembrance of me". Why was it vital for the disciples to remember this moment going forward? Why is it vital for us?
- What can we do to avoid approaching communion as a ritual? Why should this time be more celebratory?
- This weekend, Pastor Dale shared that communion provides us time for self-examination. Why is it vital that we pause and reflect during our communion time? How can this time of reflection impact our lives?

Start Praying:

Before you begin praying, ask group members if there are prayer needs. Also, take some time and ask your group to reflect (and share) on their relationship with Jesus. During prayer have group members lead in prayer (if they are comfortable) and ask for the Holy Spirit's empowerment and leading as we enter the fall season.

Start Doing:

Invite those in your group to prayerfully consider supporting outreach efforts at Church of the Redeemer. Support can be offered by volunteering, donating products, or offering financial support (for those that are able). For more information visit: <https://church-redeemer.org/ministries/outreach/covid-19>