

# Life Group Lesson

## “Communion At His Table”

### January 15, 2012

***Below are verses and questions from the weekend message. The goal is not to read every verse and ask every question but to selectively use them to bring about discussion, study, interaction, and growth of your group. The goal is not to complete it like a check list but to use it as a tool to bring quality interaction and application from the weekend messages..***

#### READ

1 Corinthians 11:16-29

Before you take the Lord's Supper as a Life Group, go over the following to help create a Spirit-filled experience. Don't just take the bread and juice and move on to the group time – the purpose of Life Group this week is communion and group time is to be centered around communion.

The following outline should take you about 25-30 minutes, spending 5-6 minutes on each part.

Do these steps BEFORE you take the Lord's Supper. When we experience the Lord's Supper, we are to do the following:

#### 1. We Remember (1 Corinthians 11:23-25)

- Bring to memory (relive) the story of Jesus' sacrifice for our sins now. You may retell the story of Jesus' crucifixion, torture, death, resurrection, etc. here.
- Spend some time here reflecting on this. Don't be in a hurry.

#### 2. We Proclaim (1 Corinthians 11:26)

- Proclaim aloud by thanking Jesus for what sin He has set you free from. Encourage others to pray with you and thank Jesus as well.
- Ask: How are you proclaiming what Christ has done through your daily life? Are you going public with the Gospel?
- Spend some time in prayer for one another for boldness to proclaim the Gospel and God's Kingdom through your daily lifestyle.

#### 3. We Feast – We Nourish (1 Corinthians 10:16)

- We (plural) feast. It is not just you experiencing the Lord's Supper alone but together as a church family.
- Nourishment comes from continual supply of quality time with the Lord. Paul said, “For as often as you eat this bread and drink this cup...” (1 Corinthians 11:26). How often are you feasting and being nourished by the Lord in community – Life Group, Church services? You can't hit and miss community – you either are or you are not.

#### 4. We Love – (1 Corinthians 11:17-18)

- How is your love for one another in the group? What about the church? Do you have divisions with anyone you need to settle? How is your unity with the vision of the church leadership?
- How have you been showing love to one another specifically in the church?
- Take time now to edify or speak words of love to another person in the group.

#### 5. We Examine – (1 Corinthians 11:27-28)

- We must examine ourselves to make sure we are ready to take communion.
- Do you appreciate what the bread and the cup mean?
- Do you fail to feel any remorse for your attitude and actions of lovelessness toward each other (the church)?
- Have you failed to repent of sin in your life? If so, now is the time to repent to the Lord.
- Have you need to repent to anyone in the church? If so, take care of it tonight after group.

Having taught on these five points, now experience the Lord's Supper (communion) with one another. Spend time before and/or after the juice and before and/or after the bread worshiping Jesus for what each part represents. The juice represents His blood and the bread represents His body.

*\*\*\*You may need to refer to last week's Life Group Lesson for a study on 1 Corinthians 11:23-26. Don't teach that lesson again but use the material throughout this lesson as additional information to bring about a great experience in the Lord's Supper.*