

## Cross Point College Groups

---

### Communion

**Matthew 26:26-29** While they were eating, Jesus took bread, and when he had given thanks, he broke it and gave it to his disciples, saying, "Take and eat; this is my body. **27** Then he took a cup, and when he had given thanks, he gave it to them, saying, "Drink from it, all of you. **28** This is my blood of the [b] covenant, which is poured out for many for the forgiveness of sins. **29** I tell you, I will not drink from this fruit of the vine from now on until that day when I drink it new with you in my Father's kingdom."

This passage of scripture precedes Jesus's arrest, trial, death, and resurrection. It is his last supper with the disciples. It is one of the last things he asks us to do. In Luke's account he says, "do this in remembrance of me."

But there can be a lot of mystery around communion: Let's talk about it.

#### Questions:

- Ice breaker : What is your favorite food?
- What is the best memory you have of having a meal with someone? This could be a time you felt really special.
- Jesus wants to have that same kind of nearness and friendship with you one of the ways we do that is remembering him in communion. How do you remember Jesus in communion? What things come to mind?
- Jesus himself left heaven, was born of a virgin, lived, and died so that we could be in relationship with God. The act of communion breaking the bread and drinking the juice is how we remember his death and resurrection. Has there ever been a time in your life that someone did something for you that you felt was too good? Maybe you felt like you didn't deserve it?

#### **Leaders Notes:**

- Communion is a spiritual and physical sacrament. It is an action of declaration that Jesus is the son of God, that he died, was resurrected, and paid for your sins. Anyone who partakes in communion is stating that they want to be in relationship with Jesus, and that they have accepted him as their savior. Remember, He suffered so that we would not have to be separated from God.
- When giving communion to your group I encourage you to do these things:
- Break the bread in front of them - declaiming, "This is the body of Christ broken for you"
- Pour the juice into a cup of your choosing and declaim out loud, "This is the blood of Christ shed for you."
- Then Pass the bread around breaking off a personal piece. And give individuals a small cup of the juice.
- Then encourage your group to pray individually and thank Jesus for his sacrifice, and what it means personally to you.
- \*\* Do not pressure anyone who does not want to take communion. Instead as the leader maybe sit with them and talk about what they might be thinking though.
- *This Sunday at Cross Point we will be talking about Communion. Invite your group and bring any questions that come up. I would love to talk about them on Sunday.*