

SACRED RHYTHMS

WEEK 3

BREAKING THE ICE

How good are you at remembering peoples names? What's the most embarrassing moment you've had when you didn't remember someone?

What are some of the things you were thankful for this past week?

MAIN CONTENT

This week Pastor Kevin talked about "The Cup" in our second week of the Icon Series. The cup represents communion and how important it is to remember what Christ did for us through the act of communion.

Sometimes we can have a hard time remembering things. We should have grace for ourselves and others as we don't remember things. God has so much grace for us when we don't remember but He also gives us symbols to help us remember.

1. What kind of system do you have to help you remember things?

God never wants us to forget who we are, whose we are and what we are called to do. We are His, created in His image, called to show others His love and point them to Jesus.

2. How do you remember who you are, whose you are and what you are called to do?

The symbol of the cup reminds us of communion. Communion is a sacred moment that reminds us of who we are in our relationship with Jesus.

This week Pastor Kevin read the communion story of Luke 22:14-20. Go ahead and read the scripture.

Passover was once a year, it was a time to remember God had set the Jewish people free from slavery. God knew they needed to remember what He had done years before.

3. What is one thing you need to remember that God has done for you? How can you remember that?

Read John 13:3

In John 13:3 we see that Jesus knew He belonged to God and knew why He was put on the earth. He was confident in what He was to do. So confident He did not worry about His position and the order of how things should be. He was confident in the influence, power and authority He had through God. This confidence allowed Him to serve those around Him.

4. Where has your influence allowed you to serve others in your life?

God made a covenant with us when we choose to repent and follow Him. Sometimes, we can forget that covenant and that He has covered our sins. We can try to earn His love and perform to look right in His eyes.

Communion is a symbol of what He has done for us. It's a union of the past and the faithfulness of God and of what Jesus did on the cross for us.

5. Do you tend to remember the relationship you have with Jesus is based on what He did for you or on what you do for Him? Explain.

Communion is also a union of the future. That our life is just a vapor. That our future reality is of us, in heaven, uniting with Him face to face.

The last thing communion reminds us is the union of the present. That Christ is with us. He wants to meet us in all of our needs and wants us to spend time with Him.

- 6. Which union is the easiest to remember? Union of past, union of future or union of present?
- 7. Which union do you need to work on? Remembering what Chris has done, what our future looks like with Him or that He is ever-present in our lives?

CLOSING PRAYER

God, thank you for the symbol of communion and the importance of it in our lives. Help us remember what you have done for us, that you took all of our sins. That we are your children, we belong to you and you have a purpose for us to show your love to others. Help us draw near to you, feeling your presence in our lives, thankful for what you have done for us and hopeful for our future in heaven, completely restored with you.

ACTION STEP

- + Write down who you are, whose you are and what God has called you to do. Spend time this week reminding yourself of these things.
- + Take time this week to thank God for what He has done for us by sending Jesus, being hopeful for our future and asking Jesus to be present with us at all times