

“Do This:”

Examine & Pray .

That is why you should examine yourself before eating the bread and drinking the cup.

1 Corinthians 11:28 (NLT)

Take & Eat .

As they were eating, Jesus took some bread and blessed it. Then he broke it in pieces and gave it to the disciples, saying, “Take this and eat it, for this is my body.”

Matthew 26:26 (NLT)

For I pass on to you what I received from the Lord himself. On the night when he was betrayed, the Lord Jesus took some bread and gave thanks to God for it. Then he broke it in pieces and said, “This is my body, which is given for you. Do this in remembrance of me.”

1 Corinthians 11:23-24 (NLT)

Take & Drink .

And he took a cup of wine and gave thanks to God for it. He gave it to them and said, “Each of you drink from it, for this is my blood, which confirms the covenant between God and his people. It is poured out as a sacrifice to forgive the sins of many.

Matthew 26:27-28 (NLT)

In the same way, he took the cup of wine after supper, saying, “This cup is the new covenant between God and his people - an agreement confirmed with my blood. Do this in remembrance of me as often as you drink it.”

1 Corinthians 11:25 (NLT)

SO WHAT?

Do this & Remember

For every time you eat this bread and drink this cup, you are announcing the Lord’s death until he comes again.

1 Corinthians 11:26 (NLT)

Growth Group Questions

(Questions and Scriptures for further study)

1. What is the best meal you have ever eaten?

Why do you think you remember this meal?

What’s more important in a meal, the food, the setting or the company? Why?

2. How were you first introduced to communion?

3. Read Matthew 26:17-30. If you were there that night with Jesus and the disciples,

4. Read 1 Corinthians 11:20-34. Why do you think Paul writes about the very specific warnings about Communion?

Are there any of these warnings that we don't take very seriously when we partake in the Lords Supper?

5. How can we better prepare our hearts and minds for Communion when it is offered?

6. Take Communion together in your group. Consider making communion a more regular part of your growth group meetings.