



WELLSPRING CHURCH

EAT – Communion, Lord’s Table, Eucharist

Introduction:

One of the very first practices of the church was that of communion. This is the meal that Jesus gave us hours before his death for us to remember what He has done for us. His body broken, his blood shed for you and for me. Communion invites us into a deeper unity and communion with Jesus as we remember his sacrifice. Christ’s blood and body were sacrificed for us. His sacrifice becomes a pattern for our own journey.

Scriptures:

Mark 14v22-24, 1 Corinthians 11v17-34

Reflection Questions:

1. In previous churches you have attended, how have you celebrated communion (aka, Lord’s Supper etc)? What was the “leaders” role and what was your role in the experience?
2. Why do you think Jesus asks us to remember him in this specific way?
3. Have you had a particularly meaningful experience of communion? What made it meaningful?
4. Paul warns, in 1 Cor 11:27, not to celebrate communion in an “unworthy manner.” What do you think that means? How might one avoid eating/drinking in an “unworthy manner”?
5. When we celebrate communion it is not just about eating and drinking but communion with the risen Jesus. Do you find the Lord’s Supper a moment of intimacy with the risen Jesus? Explain.

Experiment: (Choose one)

1. Prepare yourself for Communion ahead of time. At Wellspring we generally have communion on the 1st and 3rd Sunday of each month. Read John 13v1-17. Imagine yourself there at the table with Jesus. What are your feeling and thoughts? How does it feel to have Jesus wash your feet? How does it feel to drink the cup and eat the bread, knowing your own betrayals? Confess your sins and then attend Communion with what is in your heart to say to God.
2. In the early church, Communion was often celebrated in homes during a meal. Take time this week to celebrate communion during a meal with family and friends. Journal about the experience.

Pod Discussion:

1. As you listened to the podcast (watched the video), what struck you or stood out to you?
2. What was your experience of the experiment like? Was it enjoyable? Uncomfortable? Did you notice anything about yourself, God or the world?
3. Is God inviting you to change anything in the way you do your life?

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