

Three Powerful Gifts.

The Church and Its Sacraments



SMALL GROUP STUDY GUIDE

Week 3 June 30, 2024

“The Power of Holy Communion”

OPENING PRAYER

Heavenly Father, I pray for our group to learn and grow together in fellowship with each other as we go through this study. Father, I pray that each person here will receive what they need to equip them to be the person who You designed them to be. Lord, help us to pray for each other's needs and show God's love to each other as you take us through this study on communion. Amen.

SCRIPTURE PASSAGES

1 Corinthians 11:23-26 (NIV)

²³For I received from the Lord what I also passed on to you: The Lord Jesus, on the night he was betrayed, took bread, ²⁴and when he had given thanks, he broke it and said, “This is my body, which is for you; do this in remembrance of me.” ²⁵In the same way, after supper he took the cup, saying, “This cup is the new covenant in my blood; do this, whenever you drink it, in remembrance of me.” ²⁶For whenever you eat this bread and drink this cup, you proclaim the Lord's death until he comes.

John 6:35, 51, 53-56, 58b (NIV)

³⁵Then Jesus declared, “I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty. ⁵¹I am the living bread that came down from heaven. Whoever eats this bread will live forever. This bread is my flesh, which I will give for the life of the world.” ⁵³Jesus said to them, “Very truly I tell you, unless you eat the flesh of the Son of Man and drink his blood, you have no life in you. ⁵⁴Whoever eats my flesh and drinks my blood has eternal life, and I will raise them up at the last day. ⁵⁵For my flesh is real food and my blood is real drink. ⁵⁶Whoever eats my flesh and drinks my blood remains in me, and I in them. ⁵⁸whoever feeds on this bread will live forever.”

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INTRODUCTION

Christian denominations tend to disagree on various aspects of communion. Is Christ present in the bread and drink, is he present in ways we can't understand or is it just all symbolism? What is the meaning and power of communion in the United Methodist faith?

There is power in Holy Communion; it is a visible act that actually gives us the grace of God. In the United Methodist tradition, we believe that Christ is present in the bread and wine in ways we can't understand. When we receive Holy Communion, it is a way to give thanks to God for what he has done for us through Jesus. It's a way to remember who Jesus is, his death for us, his promised coming and eternal life for us. It is a sign of the covenant God has made with us and a way to abide in Christ. And in this meal Jesus satisfies our spiritual hunger.

QUESTIONS

1. Talk about a time in your life that you celebrated something important by having a meal with family and friends. Is it important to you to have a meal for these special moments?
2. Do you normally pray and/or give thanks to God before each meal? Why or why not?
3. Read 1 Corinthians 11:23-26 (on page 1). How does taking part in Communion help you remember what Jesus has done for you?
4. Read the introduction above. What is the most important aspect to you that communion represents and why?
5. How can a small piece of bread and a cup of juice deepen your gratitude for what Jesus has done for you?

FINAL APPLICATION

Give thanks to God through meal time prayers this week.