

# GROUP DISCUSSION GUIDE

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## COMMUNION: THE FOUR DIMENSION OF THE TABLE

**Theme:** Communion is not just a symbol; it is a sacred moment where we remember Christ's sacrifice, proclaim His return, examine our hearts, and honor His living body in the church.



### Ice-Breaker

1. **Fun Start:** If you could only eat one meal for the rest of your life, what would it be and why?
2. **Creative Twist:** Have you ever had a memorable meal that changed a relationship, perspective, or moment in your life?



### Reflect (Read 1 Corinthians 11:23-32 together)

3. **Core Message:** Why do you think Jesus chose a shared meal—something so simple and physical—to be the ongoing reminder of His sacrifice and presence? What does that tell us about God's heart and desire for relationship with us? (*Luke 22:19-20*)
4. **Scriptural Insight:** The sermon mentioned Mephibosheth, who ate at King David's table not because of his merit, but because of a covenant. How does this help you better understand what it means to receive communion as a gift of grace? (*2 Samuel 9:7, 9:11; Luke 22:20*)
5. **Challenge of Obedience:** Paul rebuked the Corinthian church for not "discerning the body." Why is it important to approach communion with love and unity toward others in the church body? (*1 Corinthians 11:29*)
6. **God's Role:** The sermon said Jesus not only clears your record, He restores what sin has broken. What does restoration through Christ mean to you personally, and how have you seen it in your life? (*Ephesians 2:13*)



### Take Action

7. **Personal Growth:** Before taking communion, we're called to examine ourselves. What are some practical ways you can regularly reflect on your spiritual health? (*1 Corinthians 11:28*)
8. **Practical Steps:** Communion is also a declaration that "He is coming again." How does regularly proclaiming Jesus' return shape the way you live today? (*1 Corinthians 11:26*)
9. **Difficult Step:** The sermon taught that harboring unforgiveness while taking communion is spiritually dangerous. Is there anyone you need to forgive or seek forgiveness from this week?
10. **Community Impact:** How can taking communion together as a group or church family deepen your connection with others? Invite your group members to take turns sharing their communion experiences and how it's impacted them.



**Group Prayer:** Thank Jesus for the gift of communion. Ask Him to help you walk in humility, examine your heart, honor His body, and live in the power of His resurrection. Pray for unity in the church and restoration for anything broken.