

Communion

Mt. 26:26–29; 1 Cor. 11:23–29

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NOTES

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Suggested Questions for Individual
Study or Group Discussion*



- If you could have anything to eat and drink, what would it be and who would you share it with?
- *Read Matthew 26:26–29.* When Jesus says at the Last Supper, “This is my body” and “This is my blood,” what do you think he means?
- *Read 1 Corinthians 11:23–29.* Why does Paul tell the Corinthians to examine themselves before receiving the Lord’s Supper?
- Do you remember the first time you received the Sacrament of Communion, or a particularly meaningful time of sharing the Lord’s Supper with others? What was significant or noteworthy about that experience?
- Jesus said, “Do this to remember me.” How does the Lord’s Supper help you remember who Jesus is and what he has done?
- How do you prepare yourself to receive Communion? Why is this important? How is this helpful for you?
- How does sharing the Lord’s Supper deepen and strengthen your connections with others in the Church? What can you or your small group do to further build communion with others?
- What questions do you still have about Communion, and about its role in the Church and in your own life?