

# Life Application Questions

## Who's Invited For Lunch

Matthew 26:26-29

## Scratching The Surface

What are some of your favourite traditions of family meals? It could be memories of things that you always did growing up, things you do now that you really cherish, or things that you witnessed eating with someone else that they thought was totally normal but you thought was really weird.

## The Heart Of The Matter

Have you ever had an experience of taking communion that was a little bit weird?

What's your immediate reaction when we start taking communion at church? (If you're honest; do you engage a bit more, or do you switch off a little bit)

Of the things that communion means and does, what do you find to be most meaningful?

## Digging Deeper

Read Matthew 26:26-29. What are the reasons that Jesus gives to his disciples for taking the bread and wine together and why do you think they are significant?

In what ways does the bread and wine proclaim Jesus' death? (1 Cor 11:26)

In what ways does the bread and wine display our unity with each other? (1 Cor 10:17)

Take the time to take communion together. Here's a simple guide to how you might do it as a Life Group - but feel free to adapt this as you might wish:

Leader: "Thank you lord for the gift of this bread and wine that you have given to us."

Leader: Read 1 Corinthians 11:23-26

Invite someone else to pray while someone breaks the bread and pours the wine.

Leader: "body of Christ, broken for you"

Pass the bread between people.

Leader: "blood of Christ, shed for you"

Pass the wine between people.

Invite another member of the group to pray.