

# Communion

**The Text:** 1 Corinthians 11:23-29

**The Take Home:** There's more to the story than you may know.

**The Element:** Your group will take communion together

## OPENING QUESTION & THOUGHTS:

Hanging in the garage at my house there is a license plate that I have nailed to the wall. It says "Chevrolet: *The Heartbeat of America*." There is nothing particularly valuable or noteworthy about the license plate. But it is very special to me. This is the license plate from my first vehicle – a 1984 Chevy S-10. Like most people, I loved my first truck even though it only ran about half the time. I was broken hearted the day I finally had to get rid of it. The license plate on my wall serves as a reminder of those good days driving around that beat up, red pick-up.

Get your students to talk about similar items.

- ***What items are valuable to you because of the memory attached to them?***  
They are probably things you keep around your house or in your bedroom.

## GETTING TO THE TEXT:

Briefly introduce your students to the story behind Communion. It goes back to the Old Testament. In the book of Exodus, God dramatically saved Israel while they were in slavery in Egypt. Israel was saved as each family sacrificed a lamb and placed the blood of the lamb over the doorway of their home (see Exodus 12). The blood of the lamb saved them. Every year the Jews would gather together to remember and celebrate this event in a feast called Passover.

While celebrating the Passover with his disciples, Jesus tells them that he is now our Passover lamb – sent to shed his blood so that we could be saved. In that "Last Supper" with his disciples he tells them that the Passover bread represents his broken body and the Passover wine represents his shed blood (see Matthew 26:17-30).

**Read 1 Cor. 11:23-26 together.** This passage talks about "what Communion is."

1. ***What does this text say that the purpose of Communion is? (The key words here are remembrance and proclamation. In Communion we remember Jesus' sacrifice and we proclaim his death until he comes again.)***
2. ***What do we remember when we take Communion? (I like to think of remembrance in terms of past, present, and future. I remember what Christ has done – dying for my forgiveness, what Christ is doing – standing in my defense, and what Christ will do – the second coming. Try to get them talking in a personal way about what they "remember" about Christ in Communion.)***

3. ***How is Communion a proclamation of Christ's death?*** (This would be a moment where you can refer back to the beginning discussion. On the outside of things, communion looks so insignificant. It's just a piece of bread, and a shot glass of grape juice. It would be easy to ignore or take for granted. But to us, it has significance and value because it represents our salvation. It's what those simple elements (like the bread and juice) represent – much like the license plate. We announce Christ's death and resurrection every time we participate in Communion.)

**Read 1 Corinthians 11:27-29 together.** This passage talks about how we are to take Communion.

1. Summarize what this text says about the proper way to take Communion. What does it mean to “*examine yourself?*” (If Communion celebrates our forgiveness, I think that a part of taking Communion is confession of sin and thanksgiving that despite ourselves we are forgiven.)
2. It is important to recognize that Communion was always practiced by the family of believers – together. Communion is intended for community. Communion is like a weekly Thanksgiving feast where we come together as a family and give thanks to God for his mighty works.

### **RESPONSE:**

You are going to share communion together.

To add to the experience, I would recommend that you all take communion at the same time. One thing that I like to do with my kids before they go to bed is to have them tell me one thing that they are thankful for. Have each one of your students give one reason why they are thankful for Jesus before taking communion together. You will probably have to lead by example and get it started.