



Isn't it funny how a meal can nourish and sustain you—literally give you life—and we hardly even notice? What if we paid attention to what was happening inside? What if we noticed who else is being given life by this meal?

These questions are intended to deepen your experience of the message. Use them for your personal or family study time, or with an open Bible as you share the good news with your neighbor.

Group Ice-Breaker idea:

(1) What is your favorite meal? Why do you remember it?

(2) Tie a spoon to a broom handle. Then give it to someone, along with a bowl of food. Now ask this person to try to feed themselves with it. Now ask them to feed someone else with it.

**FOOD.** We remember our best meals and our worst meals. But most meals are ordinary. Yet these thousands of ordinary meals have sustained us and given us life. How could this relate to the Lord's Supper?

**BRIDING TWO WORLDS.** Read Acts 2:42 & 46. "Breaking bread" can mean (1) having a meal together, or (2) taking the Lord's Supper as a special memorial. It is not always easy to tell which one is being described. How are these two related? **Follow up:** Read Luke 5:30; 7:36; 9:17; 14:1, 22:14-20. Jesus ate with followers, friends, enemies, outsiders, and insiders during his life. Why is this significant? Follow up: Read Luke 24 & Acts 10:41. Jesus ate and drank with his followers after his resurrection. Why is this significant?

**ASKING NEW QUESTIONS.** What questions have you usually asked (or heard asked, or heard answered) about the Lord's Supper? Go around the room and list them. How many of those questions are actually asked by the New Testament writers themselves? How many of them are actually what the writers were *trying* to answer?

**PAUL'S FIRST QUESTION.** Read 1 Corinthians 10:16. Paul's first question can be rephrased this way: "do you know that you are participants?" This can be negative. They were mixing Saturday nights given over to worldliness with Sunday mornings devoted to God. Is this still a problem for us? Discuss. This can also be positive. List the people (and kinds of people) Jesus invited to his table throughout his life. How is it encouraging to know that we—the unworthy—are "participants" in the body and blood of Christ? **Follow up:** Read 1 Cor 11:28. How do we "examine ourselves"?

**PAUL'S SECOND QUESTION.** Read 1 Corinthians 11:22. Paul's second question can be rephrased this way: "do you know there are others here, too?" C. S. Lewis describes hell as a banquet table surrounded by skeletons because the forks are 4-feet long, and one must feed others. We are often "consumers" in our lifestyle. How can we avoid simply being "consumers" of the Supper? **Follow up:** Read 1 Cor 11:29. How is the way we treat others related to how we treat God? After answering this, discuss how we may despise or humiliate others even at church. How do we "discern" the body?