



The Eucharist

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- Focus** The word *Eucharist* comes from a Greek word that means “give thanks.” Eucharist or communion is more than a symbolic act when believers remember Christ’s crucifixion and resurrection. Jesus is the Eucharist, and when we partake of the elements during communion, we are partaking of the flesh and blood of Jesus Christ. Jesus said, “Anyone who eats my flesh and drinks my blood remains in me, and I in him” John 6:56 (NLT). Christ’s presence is truly with us when we partake of communion. The Eucharist is priceless.
- Fun** If you could have a two minute face-to-face with anyone, who would it be and what would you talk about?
- Review** Key Scripture: 1 Corinthians 11:17–29; John 6:50–59; Luke 24:13–31
- **The Eucharist is a symbol.**

Communion symbolizes the death and resurrection of Jesus Christ. When we break bread during communion, we remember that Christ’s body was broken for us. Furthermore, the cup of wine, or juice, is a symbol of Jesus’ blood that was shed to cover our sins. For the believer, however, it is important that we do not become apathetic in regards to communion, the Eucharist.
 - **The Eucharist is more than a symbol.**

Communion or the Eucharist is more than a simple meal when believers eat and drink; rather, it is a time when believers examine their hearts and repent of sin as they eat of the bread and drink of the wine, partaking of Christ’s flesh and blood. The body and blood of Jesus Christ gives us eternal life. To

experience the Eucharist is to experience the healing power of Christ and His work of redemption in our daily lives. Jesus opens our spiritual eyes during the Eucharist. Jesus wants us to experience His presence as we experience communion.

- **We have a part.**

Before we participate in the Eucharist, Paul tells us in 2 Corinthians 13:5 that we are first to examine ourselves—search our hearts. We do this not to see if we have been good enough throughout the week or if we are worthy; rather, we are to test or examine ourselves to see whether or not we believe that we are only worthy through the blood of Jesus Christ.

Group Dynamics Idea Read Ephesians 4:16. Each member of your group is precious in God's sight and has unique gifts and talents that you, as their leader, can identify and help them develop. The more you get to know each person in your group, the more you will begin to identify and specifically speak into their gifts.

Discuss

1. Pastor Josh shared that as a child he had a football from Roger Staubach that was priceless; however, he and his brothers would play roughly with the football because they did not understand its value. Did you have anything as a child that, though it was valuable, you played with or did not treat with understanding? Share.
2. The word Eucharist comes from the Greek word *Eucharisteo* that means give thanks. How is our present-day communion related to giving thanks? Explain.
3. Most of us are familiar with communion or the Eucharist; however, did you learn anything new as Pastor Josh shared?
4. Read 2 Corinthians 13:5. In what ways are we to examine ourselves and how does this practice relate to the Eucharist?
5. Pastor Josh mentioned that something spiritual happens when we take communion. What do you think he meant by this? Share.
6. Do you believe that God wants to share communion with us? If yes, what would this look like in your own life?

7. Have you ever experienced Christ in a way that was tangible and life changing? Share your experience.
8. How can we experience a greater level of communion with Christ (the Eucharist) on a day-to-day basis?

Take Home

As we conclude, remember the following:

- The Eucharist stands for communion.
- The Eucharist is a symbol of Christ's flesh and blood.
- Jesus is the Eucharist.

Prayer

Heavenly Father, we confess that we have sinned against You in thought, word, and deed by what we have done and by what we have left undone. We have not loved You with our whole heart or loved our neighbors as ourselves. We are truly sorry and we humbly repent. Thank You that You forgive us. Change us, sanctify us, and help us to walk in Your paths of righteousness. In Jesus' name, Amen.

New Leader Tip What were you most excited about when you first decided to lead a small group? Write down your answer. As you consider your experience leading a group this past semester, do you feel that you were successful in meeting your goal or expectation? If not, then write down one or two ideas that will help you to reach your anticipated goal for the remainder of the semester. Be encouraged! You are making a difference!