

LEADER GUIDE

“The Lord’s Table” - A Time Of Humility



PREPARATION BEFORE MEETING: *Ensure that you have enough bread/crackers (gluten free needed?) and juice (and cups if not using packaged elements) for the group.*

“To end our gathering today, we are going to share in communion together.” *[Pass out elements (gluten free bread & juice) around the table. After everyone has the elements, pray to invite Holy Spirit to prepare our hearts for this time of taking the Communion together, and then read or in your own words the brief teaching below.]*

There are a number of different names for this sacrament, and one is referred to as “The Lord’s Table.” And while The Table is a time to eat and connect with one another, it is also a time of humble submission to Jesus Christ as Lord.

Before and after Jesus celebrated “The Last Supper” with His Disciples, Jesus not only taught about, but also modeled perfect humility. It says that before the Passover celebration “Jesus knew that the Father had given him authority over everything and that He had come from God and would return to God. So He got up from the table, took off His robe, wrapped a towel around His waist, and poured water into a basin. Then He began to wash the disciples’ feet, drying them with the towel he had around him. After washing their feet, He put on His robe again and sat down and asked, ‘Do you understand what I was doing? You call me ‘Teacher’ and ‘Lord,’ and you are right, because that’s what I am. And since I, your Lord and Teacher, have washed your feet, you ought to wash each other’s feet. I have given you an example to follow. Do as I have done to you.’” John 13:3-5, 12-15

The Lord’s Table leads us into submission to Jesus Christ as Lord. There is no kingdom without subjects to the King, so we must begin by subjecting ourselves to Him. Because God will not impose Himself on us or overwhelm us, our submission to His reign opens up space for Him to work. And as we submit to Jesus as King, His presence peacefully reorders us into people of humility and love. But often we are holding on to things that prevent us from receiving everything that He has for us and wants to do through us.

So, right now we will take a few minutes of silent prayer so you can ask God to reveal anything that you are holding onto that would prevent you from living and loving more like Jesus.

[After providing at least 2-3 minutes for people to pray...] **Father, we hereby release and lay down at your feet those things that You have called us to let go of. Please fill us with all that we need to humbly live and love more like you Jesus. We share in this sacrament today in recognition and gratitude for the ultimate act of humility that you demonstrated by laying down your life on the Cross.**

“On the night that He was betrayed, the Lord Jesus took some bread and gave thanks to God for it. Then he broke it in pieces and said, “This is my body, which is given for you. Do this in remembrance of me.” Today we acknowledge and submit to Jesus our Lord, who’s body was given and broken for us. Now, let us eat the bread together.

“In the same way, Jesus took the cup of wine after supper, saying, ‘This cup is the new covenant between God and his people—an agreement confirmed with my blood. Do this in remembrance of me.” Today we take this cup together, in remembrance that we live under a new covenant of love and reconciliation with the Father and each other.

[Close in prayer.]