

Group Guide: “The Beauty of the Cross”

Main Scriptures

- Luke 22:19–20
- 1 Corinthians 11:23–29
- 1 Corinthians 10:16–17

Opening prayer:

“Lord Jesus, thank You for bringing us together. As we study Your Word and reflect on communion, help us to understand its meaning more deeply. Prepare our hearts to remember Your sacrifice, receive Your grace, and walk in unity with one another. Amen.”

Communion is one of the most meaningful practices in the Christian faith. It reminds us of Jesus’ body broken for us and His blood shed for the forgiveness of our sins. It is a time to remember, reflect, give thanks, and look forward to His return. It is also a time to examine our hearts and renew our love for Christ and for one another.

Opening Questions:

- When you think of communion, what words come to mind?
- What has communion meant to you personally?

Read 1 Corinthians 11:23–29 aloud together.

If desired, also read Luke 22:19–20 and 1 Corinthians 10:16–17.

Communion Helps Us Remember Jesus

Key Scripture: Luke 22:19

Do this in remembrance of me.

Communion is first a memorial. Jesus asked His followers to remember Him—not only His death, but His love, obedience, suffering, victory, and grace. In a busy world, communion calls us back to the center of our faith: the cross of Christ.

Discussion Questions:

1. Why do you think Jesus specifically told His disciples to remember Him this way?
2. Why is remembering the cross so important for believers?
3. What can happen when communion becomes just a religious habit?

Key Scripture: 1 Corinthians 11:28

“Everyone ought to examine themselves before they eat of the bread and drink from the cup.”

Self-examination does not mean we must be perfect before coming to the table. It means we come honestly. We allow God to search our hearts, confess sin, and renew our trust in Him. Communion is not for flawless people; it is for those who know they need Jesus.

Discussion Questions:

1. What does healthy self-examination look like?
2. How is self-examination different from shame or condemnation?
3. Why is repentance an important part of receiving communion?

Key Scripture: 1 Corinthians 11:24–25

"This is my body, which is for you... This cup is the new covenant in my blood."

Communion reminds us that salvation is based on what Jesus has done, not on our own efforts. His body was given for us. His blood established a new covenant of forgiveness and grace. We receive communion not to earn God's love, but because we already have it in Christ.

Discussion Questions:

1. What does it mean to you that Jesus said His body was "for you"?
2. Why do we sometimes struggle to receive grace personally?
3. How can communion deepen our gratitude for salvation?

Key Scripture: 1 Corinthians 10:16–17

Though many, we are one body, for we all share the one loaf."

Communion is personal, but it is not private. It reminds us that we belong to one another in Christ. When we come to the Lord's Table, we remember that we are one family. This should move us toward forgiveness, reconciliation, humility, and love.

Discussion Questions:

1. What does communion teach us about our relationship with other believers?
2. Why do unity and reconciliation matter when coming to the Lord's Table?
3. Are there any practical ways we can pursue peace and unity in our relationships?

Key Scripture: 1 Corinthians 11:26

"For whenever you eat this bread and drink this cup, you proclaim the Lord's death until he comes."

Communion looks backward and forward. We remember Jesus' sacrifice, but we also proclaim our living hope: Christ will come again. Communion reminds us that history is moving toward the return of Jesus and the fullness of His kingdom.

Discussion Questions:

1. How does communion strengthen our hope?
2. What does it mean that we proclaim His death "until he comes"?
3. How can the promise of Christ's return shape the way we live now?

Closing

- What is one thing God reminded you of today?
- What is one way you want to respond this week?