

Leader's Guide

World Communion Sunday

The Kinder, The Brighter

Matthew 5:3-10, 14-16

Pastor Sebastiano Rosa

October 4, 2026

Conversation Goal

To help group members reflect on what communion reminds us about Jesus and our shared identity as His people, consider how staying connected to Christ shapes the kind of people we become, and identify practical ways His love can become visible through our relationships and actions.

Synopsis

On World Communion Sunday, believers around the world gathered around the same table to remember the broken body and shed blood of Jesus. Communion reminds us not only of what Christ has done for us individually, but that we belong to a much larger family of people who have received His grace and are now called to represent Him together.

Jesus tells His followers, "You are the light of the world." That's not merely an invitation but a calling. Our light shines as our connection to Jesus increasingly produces His character in us - humility, mercy, righteousness, forgiveness, authenticity, and peacemaking - and those qualities become visible through the way we treat people. Communion brings us back to the source of that light: we receive Christ's grace together, remain connected to Him, and carry His light into the world together.

1. What does communion bring us back to?

Discussion Question

When you participate in communion, what do you most need to remember about Jesus? Why do you think He gave His followers this physical practice of remembering?

Teaching Point

Communion brings us back to the center of our faith: Jesus gave Himself for us. The bread reminds us of His body broken for us; the cup reminds us of His blood shed for us and the grace of the new covenant.

We can easily become distracted by responsibilities, disagreements, preferences, failures, successes, and everything else competing for our attention. Communion recenters us. Before we're people trying to accomplish something for Jesus, we're people who have received something from Jesus. Remembering His grace should shape the way we live after we leave the table.

Follow-Up Prompts

- What tends to distract you from the centrality of Jesus?
- Why do you think we need repeated practices of remembering?
- What does the bread remind you about Jesus?
- What does the cup remind you about grace?
- How does remembering what Jesus has done affect the way you see your own failures?
- How might regularly remembering grace change the way you treat other people?
- How can communion become more than a ritual we simply participate in?

Additional Scripture

- **1 Corinthians 11:23-26** — “Do this in remembrance of me.”
 - **Luke 22:14-20** — Jesus institutes the Lord's Supper.
 - **Ephesians 2:4-9** — Saved because of God's great love and grace.
 - **Romans 5:6-8** — Christ died for us while we were still sinners.
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2. What does it mean that we come to the table together?

Discussion Question

How does communion change when we remember that we're not only receiving from Jesus individually, but receiving together as members of His family?

Teaching Point

Communion is deeply personal, but it isn't merely private. We receive the same bread, drink from the same cup, remember the same Savior, and depend upon the same grace. Around Jesus' table, our differences don't disappear, but they stop being what defines us most deeply. We belong to Christ, and because we belong to Christ, we belong to one another.

On World Communion Sunday, that picture becomes even larger. We're part of a family stretching across congregations, cultures, languages, nations, and generations. One Savior. One grace. One body.

Follow-Up Prompts

- What do we have in common around the Lord's table that is deeper than our differences?
- How should receiving the same grace affect the way we treat one another?
- What happens when preferences or disagreements become more important than our shared identity in Christ?
- How can communion challenge division within the church?
- How does thinking about Christians around the world receiving communion broaden your understanding of the Church?
- What responsibility comes with belonging to one another?
- Where might God be asking you to strengthen a relationship within His family?

Additional Scripture

- **1 Corinthians 10:16-17** — One bread, one body.
 - **Ephesians 4:1-6** — One body, one Spirit, one Lord, one faith.
 - **Galatians 3:26-28** — Our shared identity in Christ.
 - **Colossians 3:12-15** — Love and peace within the body of Christ.
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3. What makes our light brighter?

Discussion Question

Sebastiano connected Jesus' command to be the light of the world with the Beatitudes. Which of those qualities do you think most clearly makes Jesus visible through someone's life? Which one might He be developing more deeply in you?

Teaching Point

Jesus' call to "let your light shine" comes immediately after the Beatitudes. Our light doesn't shine simply because we tell people we're Christians. It shines as the character of Jesus becomes visible in us: dependence on God, compassion for brokenness, humility, hunger for righteousness, mercy, purity of heart, peacemaking, and faithfulness when following Jesus costs us something.

The light of Jesus becomes visible through people who are becoming like Jesus.

Follow-Up Prompts

- Which Beatitude comes most naturally to you?
- Which one challenges you most?
- Where have you seen mercy make Jesus visible?
- Why is peacemaking such a powerful witness in a divided culture?

- How does humility shine differently than self-promotion?
- Is there a relationship where Jesus is asking you to become more merciful or forgiving?
- Where might God be asking you to pursue peace rather than simply avoid conflict?
- What would becoming more like Jesus look like in your ordinary relationships this week?

Additional Scripture

- **Galatians 5:22-25** — The fruit produced by the Spirit.
 - **Colossians 3:12-14** — Put on compassion, kindness, humility, and love.
 - **2 Corinthians 3:18** — Being transformed into Christ's image.
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4. Can people see Jesus through the way I live?

Discussion Question

Jesus says others should see our good deeds and glorify our Father. What kinds of ordinary actions can make the character and love of Jesus visible to the people around us?

Teaching Point

Jesus doesn't tell His followers merely to believe that they are light. Light has a purpose. It helps others see. Our good deeds aren't about earning God's approval or drawing attention to ourselves. They're opportunities for people to encounter something of God's character through us.

A forgiving response.

An unexpected kindness.

Generosity without recognition.

Patience with a difficult person.

Welcoming someone who's overlooked.

Choosing reconciliation over resentment.

Showing up when someone needs help.

Our actions become a window through which people can glimpse Jesus.

Follow-Up Prompts

- If someone watched the way you treated people this week, what might they learn about Jesus?
- Where do you regularly have opportunities to let your light shine?
- What makes a good deed point toward Jesus rather than toward ourselves?
- Who around you might need encouragement or practical help?
- Where might forgiveness make your light shine especially brightly?

- Is there someone who's easy for you to overlook? What would Jesus' love look like toward that person?

Additional Scripture

- **Titus 2:11-14** — Eager to do what is good.
 - **1 Peter 2:12** — Live so others may see your good deeds and glorify God.
 - **1 John 3:16-18** — Love with actions and truth.
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5. How do we stay connected to the source?

Discussion Question

Sebastiano used the image of being “plugged in” to Jesus. What practices help you remain connected to Christ so that loving and serving others flows from His life in you rather than simply from your own effort?

Teaching Point

We aren't the source of the light. Jesus is.

Trying to be more patient, merciful, forgiving, generous, and loving through sheer effort will eventually exhaust us. Our ability to reflect Jesus grows out of our relationship with Jesus.

Scripture, prayer, worship, Christian community, silence, communion, and other spiritual practices aren't boxes to check. They're ways we remain close to the One who is transforming us. We don't plug into Jesus simply so that we feel spiritually full. **We receive from Him so His life can flow through us to others.**

Follow-Up Prompts

- What helps you feel most connected to Jesus?
- What tends to cause your light to “dim”?
- How can spiritual disciplines become relationship rather than obligation?
- Why do we need other believers to help us remain connected?
- Where might your current rhythms need adjustment?
- What is one practice that could help you stay more attentive to Jesus this week?
- How might deeper connection with Jesus change the way you interact with others?

Additional Scripture

- **John 8:12** — Jesus is the light of the world.

- **John 15:1-5** — Remain in Christ and bear fruit.
- **Philippians 2:13-15** — God works within us as we shine like stars.
- **Hebrews 10:24-25** — Encourage one another toward love and good deeds.