

A TABLE TALK

Pastor Dale O'Shields || January 3-4, 2026

Big Idea: Before Jesus' crucifixion, resurrection and ascension, He commanded His followers to share a special meal together that we know as Communion or the Lord's Table.

Communion was established by Jesus to: remember Him; give thanks; reverently worship; share His love; focus on reconciliation, unity and repentance; celebrate and proclaim the gospel; anticipate His second coming; and experience His grace for healing, deliverance, freedom, forgiveness, peace, comfort and strength.

Luke 22:19-20 (NIV) *And he took bread, gave thanks and broke it, and gave it to them, saying, "This is my body given for you; do this in remembrance of me." 20 In the same way, after the supper he took the cup, saying, "This cup is the new covenant in my blood, which is poured out for you."*

1 Corinthians 11:27-28 (NLT) *So anyone who eats this bread or drinks this cup of the Lord unworthily is guilty of sinning against the body and blood of the Lord. 28 That is why you should examine yourself before eating the bread and drinking the cup.*

1 Corinthians 10:16-17 (NIV) *When we bless the cup at the Lord's Table, aren't we sharing in the blood of Christ? And when we break the bread, aren't we sharing in the body of Christ? 17 And though we are many, we all eat from one loaf of bread, showing that we are one body.*

Revelation 22:17 (NLT) *The Spirit and the bride say, "Come." Let anyone who hears this say, "Come." Let anyone who is thirsty come. Let anyone who desires drink freely from the water of life.*

Start Talking:

How has participating in communion been important to you as a follower of Jesus? (Or share if it has not been an important part of your journey with Christ to this point.)

Start Thinking:

Read Luke 22:19-20. In what ways does the Lord's Supper help us understand and celebrate the "new covenant" that we have as believers in Jesus?

Read 1 Corinthians 11:27-28. Why does the Bible say you should "examine yourself before eating the bread and drinking the cup" of communion?

Read 1 Corinthians 10:16-17. How does communion bring us together as believers in unity?

Read Revelation 22:17. Why is important to stay spiritually thirsty with a heart to drink from the "water of life"? What role does communion play in this?

Start Praying and Doing:

Pray for a fresh understanding and appreciation of the value of the Lord's Supper. Search your heart and allow the Lord to cleanse any impurity as you prepare to participate in communion with other believers.