

Discussion Guide

Discussion Guides accompany the [weekly message](#).

Opening Activity:

Think about a meal, table, or gathering you still remember years later. What made it meaningful—and why do you think meals often create deeper connection than almost anything else?

Read:

Exodus 12:12-13

Luke 22:14-20

1 Corinthians 11:23-32

Discussion Questions:

1. In Exodus 12:12-13, why do you think God chose blood on a doorway and a shared meal as the sign of salvation during Passover? What deeper truths does that reveal about grace?
2. Jesus completely reshapes the Passover meal in Luke 22. What stands out to you about Him saying “This is my body” and “This cup is the new covenant”?
3. In 1 Corinthians 11:23-26, Paul says Communion proclaims Jesus’ death “until He comes again.” Why is remembering the Gospel something believers continually need?
4. The old sacrifices were temporary coverings, but Jesus became the once-for-all sacrifice. How does that deepen your understanding of grace and forgiveness?
5. Throughout the Gospels, Jesus repeatedly gathers people around tables—tax collectors, sinners, Pharisees, disciples, doubters. What does that reveal about the heart of God and who grace is for?
6. Why do you think meals and tables became such powerful places for Jesus to teach, restore, and reveal Himself? What might modern Christians be missing about that?
7. The disciples at Emmaus didn’t recognize Jesus until He broke bread with them. Have there been moments in your life where you only recognized God’s work clearly in hindsight?
8. Paul warns believers to “examine yourself” before taking Communion. What do you think healthy self-examination looks like without falling into shame or fear?
9. “We gather not because we are perfect, but because we need grace.” Which part of that statement speaks most deeply to your life right now—and why?
10. If God’s table is a place where grace is received, remembered, and proclaimed, how should that shape the way you approach worship, relationships, hospitality, or forgiveness this week?

Challenge for the Week:

Share a meal with someone this week intentionally. Use the time to encourage them spiritually, listen deeply, pray together, or share how God’s grace has been real in your life lately. Come ready to share what happened next week.