

Message Notes

Anchored Part 2: Communion

Matthew 26:26-29

→ the benefit of a good anchor

#1 The _____ is the anchor no storm can _____.

→ the Passover's connection to Communion - **vs. 26**

→ blood of the covenant - **vs. 27-28**

#2 Our forgiveness is a _____ covenant in which God does it _____.

→ Jesus is actually present at the meal

#3 At Communion, Jesus chooses to _____ with _____.

→ rehearsal dinners & wedding receptions

#4 Communion anchors us to the _____ and points us to the _____.

Group Questions

Anchored Part 2: Communion

Matthew 26:26-29

1. To what types of things do you see people anchoring their lives in 21st century America? What have you observed when it comes to the outcome?

2. **Read Exodus 12:1-13.** How many connections do you see between the Passover and the Lord's Supper?

3. "The Lamb" is a concept that is woven throughout the bible. What is the biblical significance of a lamb?

See Isaiah 53:7, John 1:36, and Revelation 7:17.

4. **Read Matthew 26:26-28.** God's covenant with us is a one-sided covenant. What does that mean?

Imagine that it's the last day of your life. What significance does this one-sided covenant make in how you think and feel on that day?

5. At Communion, we see that Jesus wants to dine with you. Share at least three ways that this informs your thinking...about yourself or about God.

6. **Read 2 Timothy 2:13.** Compare it with the blood oath Jesus made. How can you apply this truth to feelings of lingering guilt?

7. Communion is just a foretaste/preview of the wedding banquet we will experience in heaven. In what ways does being more mindful of heaven keep you anchored and change your thoughts and activities?