

April 13 – 19

Connect with God | The Meaning of Communion

Icebreaker: Share a meal or tradition from your family that holds deep meaning or reminds you of something important. What makes that meal or tradition special?

In this session, we will explore the rich significance of Communion—its roots in the Old Testament, its establishment by Jesus, and its ongoing importance for us as believers.

Read Exodus 12:1–13 – The Background of Communion

The Passover occurred at the climax of the plagues in Egypt, when God acted to free His people from slavery. This event set the stage for Israel’s identity as God’s chosen people.

- Passover marks the first month of the Jewish calendar. Why do you think God chose this event to “reset” their year? What does this suggest about His priorities for His people?
- What details stand out to you as you read about the lamb, the blood, and the preparations to leave Egypt? Why might these have been meaningful to the Israelites?
- The blood of the lamb protected the Israelites from death. What does this signify about God’s justice and mercy? How does it foreshadow something greater?

Read Luke 22:7–20 – The Institution of Communion at the Last Supper

- What holiday were Jesus and the disciples celebrating during this meal?
- How does Jesus give new meaning to the bread and the cup?
- What parallels do you see between the Passover lamb and the sacrifice Jesus is about to make?
- Jesus speaks of a new covenant. How does it differ from the old covenant established through Moses? (See also Jeremiah 31:31–34)
- **Bonus Scriptures:** Read Isaiah 53:5, John 1:14, 2 Corinthians 5:21. How do these verses enrich our understanding of Communion as a celebration of Jesus’ work?

Application

- Why must we regularly remember what Jesus has done for us in Communion?
- What might happen in our hearts or communities if we neglect to reflect on His sacrifice?
- Some traditions teach that Communion elements become Jesus’ literal body and blood or are a means of earning salvation. We believe they are symbolic and that salvation comes through faith alone.
 - Why does this distinction matter for how we understand God’s grace?
 - In your own words, how are we saved from sin? How does Communion point us back to the gospel of grace?

Read John 17:20–21. After the Last Supper, Jesus prays this for his disciples. In Communion, we come together as one body, united in our belief in Jesus. The ultimate end is that the whole world would believe in him.