

BIBLE STUDY GUIDE: “DO THIS IN REMEMBRANCE OF ME”

(Luke 22:19 – The Last Supper)

Source:

BIG IDEA

Remembering Christ’s sacrifice is not just an act of reflection—it is a call to live a life of gratitude, freedom, and purpose shaped by what He has done.

THEME

Remembrance, Gratitude, and Living in Freedom Through Christ

CONTEXT (Historical + Biblical Setting)







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- Found in **Luke 22:19**, during the Last Supper.
- Occurs during the **Passover meal (Seder)**:
 - Celebrating Israel's deliverance from Egypt
- Jesus redefines the meal:
 - From physical deliverance → to spiritual salvation
- The bread represents:
 - His body given for us

- This moment establishes:
 - Communion
 - A new covenant
 - A new understanding of freedom
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MAIN POINT 1: REMEMBRANCE IS CENTRAL TO FAITH

Key Scripture

- Luke 22:19 – *“Do this in remembrance of me.”*
- Deuteronomy 6:12 – *“Be careful that you do not forget the Lord...”*

Teaching Insight

- Jesus commands remembrance:
 - Not as ritual
 - But as transformation
- Forgetting leads to:
 - Spiritual drift
 - Loss of gratitude
- Remembering keeps us:
 - Anchored
 - Focused
 - Spiritually alive

Application

- How often do you intentionally remember what Jesus has done?
- What practices help you stay spiritually grounded?

Sticky Quote

“When we forget the cross, we lose our perspective.”

MAIN POINT 2: JESUS REDEFINES FREEDOM

Key Scripture

- Luke 22:19 – *“Given for you...”*
- John 8:36 – *“If the Son sets you free...”*

Teaching Insight

- The original Passover:
 - Freedom from physical slavery
- Jesus’ sacrifice:
 - Freedom from sin and death
- This new freedom is:
 - Spiritual
 - Eternal
 - Transformational

Application

- Are you living in the freedom Jesus provides?
- What still feels like bondage in your life?

Sticky Quote

“Jesus didn’t just free you from something—He freed you for something.”

MAIN POINT 3: THE CROSS MAKES LIFE POSSIBLE

Key Scripture

- John 10:10 – *“I have come that they may have life...”*
- Romans 5:8 – *“While we were still sinners...”*

Teaching Insight

- Jesus gives His life so we can truly live.
- Life in Christ is:
 - Abundant
 - Meaningful
 - Eternal
- Even in suffering:
 - Life still has purpose

Application

- Are you truly living—or just existing?
- How can you embrace the life Christ offers?

Sticky Quote

“Jesus gave His life so you could live yours fully.”

MAIN POINT 4: REMEMBRANCE PRODUCES GRATITUDE

Key Scripture

- Psalm 107:1 – *“Give thanks to the Lord...”*
- 1 Thessalonians 5:18 – *“Give thanks in all circumstances...”*

Teaching Insight

- When we remember:
 - Gratitude naturally follows
- Gratitude shifts:
 - Our perspective
 - Our attitude
 - Our response to life

Application

- What are you thankful for today?
- How can you cultivate gratitude daily?

Sticky Quote

“Gratitude grows where remembrance lives.”

MAIN POINT 5: GRATITUDE LEADS TO OBEDIENCE AND SERVICE

Key Scripture

- John 14:15 – *“If you love me, keep my commands.”*
- Romans 12:1 – *“Offer your bodies as a living sacrifice...”*

Teaching Insight

- True remembrance leads to:
 - Obedience
 - Service
 - Sacrifice
- We respond to Christ’s love by:
 - Living for Him
 - Serving others

Application

- How does your gratitude show up in your actions?
- Where is God calling you to serve?

Sticky Quote

“Gratitude that doesn’t move you isn’t real gratitude.”

MAIN POINT 6: REMEMBRANCE CALLS US TO LOVE OTHERS

Key Scripture

- Luke 22:19 (context of sacrifice)
- Matthew 22:37–39 – “*Love your neighbor...*”

Teaching Insight

- Jesus’ sacrifice:
 - Models love
 - Calls us to love others
- Remembering the cross leads to:
 - Compassion
 - Forgiveness
 - Selflessness

Application

- Who needs to experience Christ’s love through you?
- How can you love more intentionally?

Sticky Quote

“When you remember His love, you reflect His love.”

MAIN POINT 7: REMEMBRANCE GIVES US HUMILITY AND PERSPECTIVE

Key Scripture

- Philippians 2:3 – *“Do nothing out of selfish ambition...”*
- Micah 6:8 – *“Act justly... love mercy... walk humbly...”*

Teaching Insight

- Remembering Christ’s sacrifice:
 - Humbles us
 - Refocuses us
 - Aligns us with God’s purpose
- It reminds us:
 - Life is a gift
 - Every day matters

Application

- Are you living with humility or entitlement?
- How can you walk more humbly today?

Sticky Quote

“The cross humbles us and realigns our hearts.”

GROUP DISCUSSION QUESTIONS

1. What does “remembrance” mean to you personally?
2. How has Jesus redefined freedom in your life?
3. What areas of your life need more gratitude?

4. How does remembering Christ impact your daily actions?
 5. Who can you serve or love more intentionally?
 6. How can you live more fully in the life Christ offers?
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PRACTICAL CHALLENGE

- Take time today to reflect on Christ's sacrifice.
 - Write down three things you're grateful for because of Jesus.
 - Serve or encourage someone intentionally as an act of remembrance.
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FINAL ENCOURAGEMENT

Jesus said, "*Remember me.*"

Not just in a moment—
but in the way you live every day.

CLOSING PRAYER

Father,
Help us never forget what You have done for us.
Let remembrance shape our hearts, our gratitude, and our lives.

Teach us to live fully in the freedom You've given us.
May our lives reflect Your love in everything we do.
In Jesus' name, Amen.

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