

4. Pastor Jared said that communion prompts us to: Look up (v.24), Look Back (v.25), and Look forward (v.26).

- **Look Up:** How does communion help us shift our focus to gratitude for Jesus' sacrifice?
- **Look Back:** What does the "new covenant" mean, and how does communion remind us of God's faithfulness?
- **Look Forward:** How does communion give us hope in the midst of suffering?

5. *"Communion is not a reward for the righteous but a feast for repentant sinners."* How does this truth both comfort and challenge you?

