

LIFE GROUP GUIDE - Week Starting Sunday 26th October 2025

Key Scriptures: Matthew 26:26-30

This Week's BIG IDEA

Communion is not a remote, brand new concept that Jesus comes up with at the Last Supper. Instead it is the culmination of a range of stories, themes and rituals throughout the Old Testament. Jesus draws upon all of them to present himself as the ultimate fulfilment of Israel's story.

Focussing on God

Spend some time worshipping. Pick a song with a heavy focus on the crucifixion and resurrection of Jesus. In Christ Alone, Forever, or King Of Kings for example.

Reflection on Communion (5mins)

Spend some time discussing people's different experiences with Communion. Has anyone been in a church where it has been conducted very differently, or had a very different feel? What do people enjoy about it? What do people find difficult?

Sermon Discussion (10 mins)

Spend some time discussing what people have taken away from the sermon. Are there any questions people have, or anything that people found confusing?

Getting into Scripture (30 mins)

In the sermon we looked at three stories in the Old Testament that foreshadow Communion in some way. But these are far from the only ones that do so. Here are some more passages to look at which can be seen to point forward towards Jesus and Communion in some way. Read through each one and discuss as a group how they relate to the Last Supper and Communion.

- Genesis 14 (and Psalm 110:4)
- Exodus 16
- Genesis 22

Communion

Take Communion together.

Pastoral Prayer

Space to pray for one another about specific pastoral issues in the group or issues that have arisen.