
Personal Study Guide - Communion - Remembering Our Covenant

Opening Prayer

Begin with prayer, thanking God for His sacrifice and the covenant we have through Christ's blood.

Key Takeaways from the Sermon

1. Communion is more than ritual - It's an act of faith that strengthens and encourages believers in their covenant with God.
 2. The bread represents Christ's broken body - His body was marred and scourged for our healing and wholeness (**Isaiah 53:4-5**).
 3. The cup represents the new covenant - We are forgiven and in relationship with God through Jesus' shed blood (**Matthew 26:28**).
 4. Communion is a declaration of victory - It reminds the enemy of his defeat at the cross.
 5. Our righteousness is based on Christ's work - Not our performance, but our faith in what Jesus accomplished.
 6. Communion is eternal - We will continue this practice in God's kingdom (**Luke 22:16, Matthew 26:29**).
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Discussion Questions

Understanding Communion

1. The pastor mentioned that communion can be taken at home, not just in church. How does this change your perspective on communion? Have you ever considered taking it more frequently?
2. Read **1 Corinthians 11:23-26**. What does it mean to "proclaim the Lord's death until He comes" when we take communion?

The Body and Blood

3. **Isaiah 53:5** says "by His stripes we are healed." How does understanding that Jesus' broken body brought healing impact the way you take communion?
4. The sermon emphasized that Jesus' blood brings us into "oneness with God." What does this unity with God look like in your daily life?

Righteousness vs. Performance

5. The pastor made a distinction between our relationship with God (based on faith) and our fellowship with God (affected by sin). Can you explain this difference in your own words? Why is this important?
6. How do you distinguish between conviction (which gives you a way out) and condemnation (which doesn't)?
7. The sermon stated: "Grace empowers us to live holy." How have you experienced God's grace empowering you rather than excusing sin?

Personal Application

8. The pastor said, "I am the righteousness of God in Christ Jesus." Do you struggle to believe this about yourself? What makes it difficult?
9. Read the statement: "You are just as loved today as you were yesterday." How does knowing God's love is constant (not performance-based) affect your prayer life and relationship with Him?
10. The sermon mentioned that communion reminds the enemy of his defeat. How can you use communion as a declaration of victory in areas where you're currently in a faith fight?

Practical Applications

This Week's Challenge

Choose one or more of these action steps:

Individual Practice:

- Take communion at home this week. Set aside time to remember what Christ did for you, declare your righteousness in Him, and thank Him for the covenant.

- Write down areas where you've been living under condemnation rather than conviction. Bring these to God and ask Him to show you the "way out" that conviction provides.

Spiritual Discipline:

- Memorize **1 Peter 2:24** or **Isaiah 53:5**. Meditate on what Christ's broken body accomplished for you.
- Each day this week, declare out loud: "I am the righteousness of God in Christ Jesus" and "I am loved, and there's nothing I can do about it."

Reflection Exercise:

- Journal your response to this question: "How does knowing that communion is eternal—that we'll practice it forever in God's kingdom—change my perspective on eternity and my purpose?"

Key Scriptures for Further Study

- **1 Corinthians 11:23-26** - The institution of communion.
- **Isaiah 52:14; 53:4-5** - Prophecy of Christ's suffering.
- **Matthew 26:26-29** - Jesus establishes communion.
- **1 Peter 2:24** - Christ bore our sins in His body.
- **1 John 1:7** - The blood cleanses us from all sin.
- **Hebrews 8:6** - A better covenant with better promises.
- **Luke 22:16** - Communion in the kingdom.

Closing Reflection

Read this aloud:

"Partaking of communion is a declaration of victory in Christ and a reminder to the enemy of his defeat at the cross. You are not earning your salvation—you are celebrating what Christ has already accomplished. You are the righteousness of God in Christ Jesus, not because of what you've done, but because of what He has done. Walk in that truth this week."

Communion Message Scripture References

Explicitly Mentioned Scripture References:

1. **1 Corinthians 11:23-26** - The communion passage about Jesus instituting the Lord's Supper
2. **Isaiah 52:14** - His visage was marred more than any man
3. **Isaiah 53:4-5** - He bore our griefs and carried our sorrows; by His stripes we are healed
4. **1 Peter 2:24** - Who himself bore our sins in his own body on the tree
5. **Hebrews 8:6** - Better covenant with better promises
6. **Matthew 26:28** - This is my blood of the new covenant
7. **1 John 1:7** - The blood of Jesus Christ cleanses us from all sin
8. **Luke 22:16** - I will no longer eat of it until it is fulfilled in the kingdom of God
9. **Matthew 26:29** - I will not drink of this fruit of the vine until that day when I drink it new with you in my Father's kingdom

Alluded to Scripture References:

10. Book of Galatians (general reference) - Theme of salvation by faith, not works
11. Book of James - Life is a vapor (**James 4:14**)
12. **Ecclesiastes 3:11** - Eternity placed in our hearts (implied reference)

Suggested Scripture for Themes Discussed:

- **Romans 3:22-24** - Righteousness through faith in Jesus Christ
- **Ephesians 2:6** - Seated in heavenly places in Christ Jesus
- **Romans 8:1** - No condemnation for those in Christ Jesus
- **Hebrews 4:16** - Come boldly to the throne of grace
- **1 John 4:18-19** - Perfect love casts out fear; we love because He first loved us
- **2 Corinthians 5:21** - We are the righteousness of God in Christ