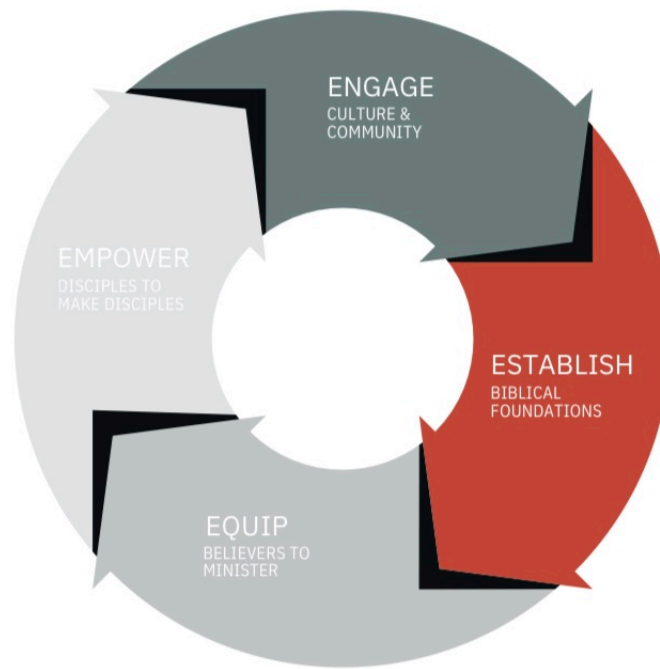


The mission of Rise Up Church is to raise disciples, empower families, and revitalize neighborhoods by the transformational power of the gospel. At Rise Up Church, our discipleship rhythm shapes how we live and expressed in four key movements that we call the 4E's. It is all about following Jesus and helping others do the same.



The purpose of our Koinonia Gatherings is to establish people in biblical foundations by building Christ-centered connections. We believe the Scriptures teaches that life change happens best in community, as we grow together in God's Word and are led by the Holy Spirit.

Below, you'll find a sermon-based guide from the most recent sermon to help lead a Rise Up Church Koinonia Gathering, along with a five day devotional designed to help you apply the sermon throughout the week.

Koinonia Gathering Notes and 5-Day Devotional

Koinonia Gathering Notes

Sermon Title: Take a Seat at the Table

Text: Luke 22:14-23

Exegesis: Jesus invites us to His table knowing our weaknesses and our betrayals.

Sermon Summary

At the Last Supper, Jesus revealed His love and the reality of human weakness and betrayal. He sat at the table knowing Peter would deny Him, Judas would betray Him, and the disciples would abandon Him, yet He still extended an invitation to fellowship. This moment redefined Passover: no longer a remembrance of Israel's deliverance from Egypt, but the announcement of God's ultimate deliverance through Christ. The bread and cup became signs of the New Covenant, secured not by our performance, but by His sacrifice. The Old Covenant exposed sin but could not remove it. The New Covenant, promised in Jeremiah 31, forgives sin fully, writes God's law on our hearts, and provides eternal redemption. At Jesus' table, we encounter restoration, grace, and empowerment. His table is not a reward for the strong, but an invitation for the weak and failing. No matter how deep our weakness or betrayal, there is still a seat at His table. This transforms how we view failure, repentance, and daily discipleship: weakness becomes an opportunity for God's strength, betrayal calls for repentance and renewal, and the New Covenant assures us that Christ's grace is greater than our sin.

Jesus Knows Our Weaknesses

Jesus knew the disciples' weaknesses, Peter's denial, Thomas' doubt, their fatigue and fear. He also knows ours: the places where we are frail, the struggles we hide, the prayers we are too tired to pray. Yet He does not shame us; He meets us with compassion. In our weakness, He offers His strength (2 Corinthians 12:10). Our weakness is not disqualification but an opportunity for God's power to be displayed.

Biblical Ways to Overcome Weaknesses:

Practice spiritual disciplines to build inner strength (1 Timothy 4)

Rest and renew physically and spiritually (Mark 6)

Abide in Christ daily, staying connected to the Vine (John 15)

Yield limitations honestly to God and receive His grace (2 Corinthians 12)

Strengthen the soul with Scripture (Psalm 119)

Jesus Knows Our Betrayals

Jesus also knew betrayal firsthand. Judas chose silver over the Savior, yet Jesus still washed his feet and handed him bread. He did not expose or humiliate Judas but gave space for repentance even knowing Judas' heart. And it was not only Judas: the disciples fled when Jesus was arrested; Peter denied Him three times. Jesus knows the moments when we trade intimacy with Him for comfort,

pleasure, or approval. Still, His grace calls us back: betrayal does not remove the seat He has reserved for us at His table.

Biblical Ways to Overcome Betrayal:

Prioritize obedience to God's Word over fleeting feelings (John 14:15)

Repent quickly and return sincerely to restore fellowship (Psalm 51)

Guard your heart from idols by abiding in Christ (1 John 5:21)

Yield daily to God's will and walk as His child with undivided loyalty

The Table of Grace

The Table is where heaven touches earth. It is more than a ritual, it is a divine invitation to fellowship with Jesus Himself. Every element of the Table points to His sacrificial love and His ongoing presence with His people. At the Table, Jesus is both the host and the meal. He welcomes the weary, the broken, the doubting, and even the betrayer. It is here that we are reminded that grace is not earned but freely given. At the Table, we experience: - Forgiveness of sins: The cup represents the blood that was poured out for the remission of sins (Matthew 26:28). - Restoration from failures: Just as Peter was restored after denial, we too find forgiveness and new beginnings. - Rest for the weary: Jesus offers rest for our souls (Matthew 11:28). The Table refreshes us with His presence. - Identity in Christ: We are reminded that we belong to Him, not because of performance but because of covenant. - Nourishment for our souls: Jesus is the Bread of Life (John 6:35). At the Table, He satisfies our deepest hunger. - Unity in community: Communion reminds us that we are one body in Christ, joined together by His Spirit (1 Corinthians 10:17). - Grace greater than sin: The Table declares that mercy triumphs over judgment (James 2:13). - Empowerment to live faithfully: Here we receive strength for today and courage for tomorrow. The Table looks back to the cross, looks inward to examine our hearts, looks upward to Christ's present grace, and looks forward to the Marriage Supper of the Lamb (Revelation 19:9). It is both a memorial and a foretaste of eternity.

The New Covenant

The Old Covenant was performance-based, temporary, and exposed sin without removing it. The New Covenant, through Jesus, is written on hearts, grounded in grace, and provides eternal redemption (Jeremiah 31:31-34).

Discussion Questions

1. Why did Jesus still invite Judas and Peter? 2. How does it comfort you that Jesus knows your weaknesses? 3. What is the difference between weakness and betrayal? Why does it matter? 4. Where is God asking you to trust Him more deeply? 5. How do the biblical ways of overcoming weakness and betrayal encourage you? 6. What does the expanded meaning of the Table mean to you personally? 7. How does it change you to know that there is always a seat at the table?

Application and Response

Believers: Stop striving and receive grace at His table. Non-believers: Repent, turn, and take your seat. All: Remember that Communion is not a reward for the strong but grace for the weak and an invitation

for the failing.

Prayer Guide

Thank God for Jesus, the true Passover Lamb. Confess weaknesses and betrayals honestly. Pray for renewal, strength, and a heart that abides in Him. Pray also for deeper communion with Christ and with one another.

5-Day Devotional

Theme: Take a Seat at the Table
Text: Luke 22:14-23

Day 1 - Invited Despite Our Weaknesses

Scripture: Luke 22:14-16; 2 Corinthians 12:10

Reflection: Jesus knew their weaknesses and still invited them. Weakness reminds us to lean on God's strength.

Prayer: Lord, thank You for inviting me even with my weaknesses. Teach me to lean on Your strength.

Response: Identify one area of weakness and pray over it daily.

Day 2 - Invited Despite Our Betrayals

Scripture: Luke 22:21-23; Psalm 51:10-12

Reflection: Judas betrayed Jesus, yet was invited to the table. Grace is greater than betrayal.

Prayer: Lord, forgive me where I have chosen the world over You. Restore me.

Response: Confess any area of betrayal and return to intimacy with Him.

Day 3 - The New Covenant of Grace

Scripture: Luke 22:19-20; Jeremiah 31:31-34

Reflection: The Old Covenant revealed sin but could not remove it. Jesus' New Covenant secures us by His sacrifice.

Prayer: Thank You, Jesus, for forgiving me completely. Empower me by Your Spirit.

Response: Reflect on where you live performance-based. Declare your stand in grace.

Day 4 - The Table of Grace

Scripture: Luke 22:19; John 6:35

Reflection: At the Table we find forgiveness, restoration, nourishment, unity, and empowerment. It is a place of grace greater than sin and empowerment to live faithfully.

Prayer: Lord, nourish me with Your presence. Restore what is broken.

Response: Write down what you need from Jesus' table today.

Day 5 - Overcoming Weakness and Betrayal

Scripture: John 15:4-5; Isaiah 40:29-31

Reflection: Jesus forgives and empowers us to overcome weakness and betrayal. Weakness: disciplines, rest, abide, yield, Scripture. Betrayal: obey, repent, guard heart, yield daily.

Prayer: Jesus, thank You that Your grace is greater than my weakness and betrayal.

Response: Choose one practice this week and share it with someone for accountability.