# Main Street Church - Life Group Guide

**Series: The Peace Meal** (with Justyn Rees) **March 6, 2016**

# Life Group Peace Meal (Communion)

***Food Options**: Share a Potluck Dinner, Appetizers or Dessert…
***Additional Communion Supplies**: bread/cracker (gluten-free?), grape juice & cups.
***Share your meal during your discussion.**

## Welcome & Prayer

***Group** – encourage everyone to participate by completing the following short statements with their own words and voices, in Praise & Thanks to God.

**"Father God, YOU ARE _____!"**
**"Father God, THANK YOU for _____!"**

***Leader**

**"GOD, thank you for the time, food and fellowship we'll share together, in Jesus' Name, Amen."**

## Discussion

1. **If you could have dinner with any living person this year** (other than immediate family)**, WHO would it be, at WHY? What kind of food would you like to eat with them?**

   **Of all the 'Feasts/Meals' of the year, which one is your favorite?** Why?
   (Thanksgiving, Christmas, Easter, Birthdays, Wedding/Anniversary, Reunion…)

2. **What was your understanding & experience of Communion like growing up?**
   (also know as the Lord's Supper or Eucharist)
   positive, negative, mysterious, confusing, convicting, encouraging, non-existent…?
   - **Where did you first experience/share in Communion?**
   - **Who initially introduced or explained it to you?**

   **Has your understanding/experience changed at all for you as an adult, and how so?**

   **How is our modern/current expression of Communion similar &/or different than what the disciples experienced with Jesus?**

3. **What impacted you from The Peace Meal on Sunday?**

4. **Discuss how each of the elements of the Peace Meal speaks to our broken world**:
   **Read Isaiah 53:5**.

   **Water**, John 13:4,5. _____ **Bread**, Luke 22:19. _____
   **Wine**, Matt 26:28. _____ **Fish**, Luke 24:41-43. _____

   **Why do you think God uses and invites people to the practice, experience** (sight, sound, smell, taste, sharing) **& metaphor of a feast/meal so often throughout the story of Scripture?**

5. **Read Psalm 23:5, Matthew 10:34**
   In what ways can 'religion' (including Christianity) actually undermine peace in the home, community and world?

6. **Read John 14:6, 27**
   What unique contribution does Jesus offer to those who seek Peace?
   How can we practically apply this gift/relationship to everyday life (mind, body & spirit)?

7. **Read Matthew 5:3-10**
   **Brainstorm:** What can we do as a Group, and individually, to practically & prayerfully promote the peace of Christ in our troubled world?

## The Bread & Cup (after your dinner/snack…)

**Messy Church - Table of Peace:**

**Read:** In Paul's first letter to the Christians in the city of Corinth we quickly get the impression that the maturing process in their lives and faith was a bit messy (to say the least). In truth, they are a great church community to learn from, because our lives and church community can be messy too.

*Paul covers all of the following topics and more…

*Correct doctrine/theology, sexuality, marriage, lawsuits, heart motives/condition, worship practices, eating & idolatry, giving, spiritual gifts, resurrection & communion*.

*In the heart of his letter he intentionally includes the famous 'Love Chapter' (1 Corinthians 13:4-7).

I think that Paul would agree that JESUS is the only One to perfectly-model/personify this standard & definition of LOVE. **Read** this adaptation of Paul's description of Love as a Prayer of praise & thanks to Jesus – remembering and celebrating who He is and what He's done for us, for you.

(The bread & cup are symbols of Christ's body and blood; broken and shed for our sins)

***JESUS** – You are patient and kind. You are not envious, boastful or rude. You are not selfish or easily angered. You are faithful to forgive our record of wrongs. You never delight in evil, but you rejoice with the truth. You are our rescuer & protector, You are trustworthy, You worthy of our hope and Your love never fails.*

*On the night You were betrayed, You took bread,* **(hold up the bread)**
*and gave thanks, then broke it* **(break/rip the bread & share)** *and said,*
*"This is like my body, which is broken for you; share this in remembrance of me."*
**(hold up the cup)** *In the same way, You took your cup, saying,*
*"This cup is the new covenant (or promise) in my blood; share this, and whenever you drink it, remember me."*

**JESUS, whenever we eat this bread and drink this cup,**
**we proclaim Your death & resurrection until You return.**

**JESUS - We remember You, and we proclaim what You've done for us…**

**(Eat & Drink Together)**

## Prayer

***Group Prayer** – encourage everyone to participate with the following statements in their own words, using their voices to Praise & Thank Jesus.

**"JESUS, YOU ARE _____THANK YOU for _____!"**

***Healing Prayer** – does anyone need Prayer for healing in their body, mind or spirit in a specific way?

**Share your specific request:** (don't get into long explanations and stories)

***I need prayer & healing for*** (my back, cancer/illness, broken relationship, my fear/doubt/anxiety…)

**Have 1-2 people pray for each person after they share.**

***Father God you are our Creator & Healer! Thank you for (Bob), You love them so much. We ask for healing and wholeness in (Bob's knee, relationship, mind, spirit…), in Jesus' Name, Amen.***

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**? Would you dare host a Peace Meal for your friends & neighbors in your home… ?**

*The PeaceMeal Team would be interested in joining you*

**Please contact Pastor Eryn and he will put you in touch with Justyn Rees.**

## Coming Up at Main Street Church

### *New Sunday Series: *It's Hard to Believe*

**March 13, 20** & **27.** 9am & 10:45am Services – Main Street Auditorium.
Pastor Shawn addresses the statements *It's Hard to Believe…*

- That the Bible is True (Sunday, March 13)
- That Heaven is Real (Sunday, March 20)
- That Jesus Rose From the Dead (Easter Sunday, March 27)

### *Good Friday & Easter Sunday

**Friday, March 25** – 10am Service (1hr).
Includes Communion. Separate Kids program provided up to Gr.4.
**Sunday, March 27** – 9am & 10:45am Services.
Regular Kids programs.

### *Baptism Celebration

**Sunday, April 3rd.** 6pm – Main Street Auditorium.
Info & Registration: www.mainstreetchurch.ca/baptism

### *Set Free Retreat (formerly **Encounter God**)

**Fri/Sat, April 8/9**. Main Street Chapel.
Info & Registration: www.mainstreetchurch.ca/set-free