



Name:

Small-Group Discussion Guidebook

Foreword

Dear Friends,

Welcome to the 4-week 2026 Lenten Study! In this short series, we'll look at how Covenants are one of the major threads tying the entire Scriptures together. We'll see how Covenants form the basis for God's relationship with His people, and we'll discover how Covenants still play a role in our Christian journey today.

We hope the time you spend in this study will lead you closer to Jesus, and deepen your appreciation for the tight unity of the whole Scriptures.

Finally, this series would be impossible without Fr. Ben (who handled all the video/audio production) and Ruth Wilkins (who put together the teams for the lunches). Please thank them when you have a moment!

Grace and peace to you this Lententide.



The Revd. Dr. Andrew D. Buchanan
Rector, Galilee Church



Week 1

Discuss:

1. Can you share about what spoke to you from this first talk on covenants?

2. Read 1 Samuel 18:1–4. What steps of the Covenant making process did you notice in this passage?

3. Read 1 Samuel 19:1–6. How does Jonathan respond when forced to choose between his father Saul and his covenant partner David? What does this tell you about the power of covenants?

4. Is ‘raising ebenezers’ part of your prayer life—if so, how has it been helpful in your life (and especially in times of crisis)?

Can you share some ebenezers from your own journey?

Week 2

Discuss:

1. Can you share about what spoke to you from this second talk on covenants?

2. Where does grace ‘happen’ in the story of David, Jonathan and Mephibosheth?

3. Re-read 1 Samuel 18:3, 20:8 and 2 Samuel 9:1. The word used for ‘love’ and ‘kindness’ is the same word: *Chesed*. *Chesed* is a love that never gives up, loyal and enduring. Can you share about a relationship in your life where you’ve experienced *chesed*?

4. Mephibosheth was adopted into David’s family through the covenant that David and Jonathan had made. How is our journey into God’s family similar? (See Ephesians 1:5)

Week 3

Discuss:

1. Can you share about what spoke to you from this third talk on covenants?

2. Normally, the terms of a covenant are upheld by two people. But God’s covenant with Abram does not depend on Abram’s faithfulness; it depends only on God’s faithfulness. How does this encourage you when you think about your faith journey in Jesus?

3. Based on what you know now, what do *you* think Jesus intended us to understand when he said, “This is my body, and this is my blood of the New Covenant”?

Week 4

Discuss:

1. Can you share about what spoke to you from this final talk on covenants?

2. Based on what you heard (or what you know), what are some of the similarities and differences between a Jewish Passover meal, and the meal that Jesus observed the night before his death?

(P.T.O)

3. All covenants have “signs” by which the covenant parties remember their promises. The rainbow is the sign of God’s covenant with Noah; circumcision is the sign of God’s covenant with Abram. The sign of the Mosaic Covenant is the Sabbath. The sign of the New Covenant is the Holy Spirit. If you have time, share about your experience of this “sign” of the New Covenant.

4. How have these talks challenged or reshaped your understanding of why we receive Holy Communion every week—and also what that sacrament means?

Your Notes:



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