

LifeGroup Study SheetJanuary 8th and 11th, 2026 – Communion

This guide is designed to give helpful hints in preparing for your group discussion.

Quick Review

Look back from your sermon notes – Was there anything that particularly challenged you from this sermon? Anything you didn't understand, agree with or connect with?

Introduction

When you think about sharing a meal with others, what makes it feel special or memorable? What are some ways people choose to remember meaningful events from their past (anniversaries, traditions, objects, meals)?

Digging In

Question 1: Read 1 Corinthians 11:23. Why do you think Paul begins by emphasizing that this teaching came from the Lord and was “passed on”? Why do you think it was so important for us as Christians to pass the ordinance of communion on throughout the centuries? Why is it significant that Jesus instituted communion on the very night He was betrayed?

Question 2: Read Read Hebrews 8:6-11. In communion, Jesus is ushering in the New Covenant. What makes Jesus' ministry, and the covenant He mediates, *better* than the old one? How is the New Covenant more internal than external, and how does that change our relationship with God? How does communion change or restore your intimacy with the Lord?

Question 3: Read Hebrews 8:12. How does God's promise to *not remember our sins* contrast with our call to *remember Christ* in communion? God chooses not to remember our sin because Jesus paid for it fully. Communion shifts our focus away from shame and toward Christ's sacrifice. In what ways do you allow your thoughts and mind to focus on your sin instead of Christ's sacrifice for that sin? In what ways can you be reminded of God's love for you even when you have failed in your own sin?

What is God calling you to repent from and ask for forgiveness?

Read and Reflect on Psalm 103:8-12.

How does this verse encourage you, remind you of God's grace, and allow you to reflect on what Christ has done for you?

Praise / Prayer Requests

Pray for your group with these things in mind:

Adoration – How can I praise God for what this teaches me?

Confession – What sin can I confess because of what this teaches me?

Thanksgiving – How can I thank God for what Jesus has done?

Supplication – What do I need to ask of God in order to grow in light of this?