



Part 1 – Invitation

Jesus invites us to participate in the pattern of the spiritual life and to enjoy a seat at the family table.

Scripture: Mark 14:22

Discussion Questions

1. Jesus began the tradition of communion for his followers at a celebratory meal (Passover). What are some of your best traditions when it comes to celebrating holidays? Do you have any memorable stories about family/friend gatherings that really sum up the kind of relationship you have with them?
2. Review the 4 verbs that we talked about in this message from Mark 14:22 (Taken, Blessed, Broken, Given). Try to speak to each one and the significance that it has on our spiritual lives. Does one stand out to you over the others? What impact does it have on you?
3. Taking communion helps us to remember the vital relationship we have with Christ and one another. What are some other practices or disciplines that help to centre you in Jesus and in community? How are those rhythms disrupted during this time in history and what are some of the ways you are changing or adapting as a result?
4. Encourage one another by sharing prayer requests and spending time praying together.