



## Discussion Question and Spiritual Practices

Mark 11:12-25

### 1. Remembering as a Spiritual Discipline

*“Do this in remembrance of me.”*

- How does biblical remembering differ from simply recalling information?
- Why do you think Jesus commands us to remember through a physical act like Communion?
- Think of a time when remembering what Jesus has done reshaped your perspective or actions?

### 2. Communion and Community

*“The Lord’s Supper is the great leveller; we all come hungry, broken, and needing grace.” – Eugene Peterson.*

- What barrier, visible or invisible, can sometimes divide us at the Communion table?
- Why is it significant that Communion is done in community, not isolation?
- Is there someone you need to forgive or be reconciled with in order to come freely to the Lord?

### 3. Hope and Proclamation

*“You proclaim the Lord’s death until He comes.”*

- What does it mean that Communion is a “proclamation” of Christ’s death and return?
- How does regularly taking Communion train our hearts to long for Christ’s return?
- In what ways has the Lord’s Supper helped you grow in hope or expectancy?

## **Spiritual Practices**

### **1. Daily Remembrance Journal**

Each morning this week, write one sentence in your journal:

**“Where did I experience the grace of Jesus yesterday?”**

Let this practice deepen your awareness of God’s ongoing presence and provision.

### **2. Table Reconciliation Prayer**

Before your next Communion, prayerfully ask:

**“Is there anyone I’m holding a grudge against or need to reconcile with?”**

If someone comes to mind, take a small step toward peace—pray for them, forgive them, or start a conversation.