



## **Discussion Questions & Spiritual Practice**

### **1. The Prepared Table**

- When you think about communion, what assumptions or expectations do you usually bring with you?
- Where do you notice the “myth of readiness” showing up in your spiritual life right now?
- How does the idea that “the table is ready before we are” challenge or comfort you?

### **2. Truth Without Revoked Belonging**

- Jesus names betrayal at the table, but does not cancel the meal. What does that reveal about how Jesus holds truth and grace together?
- Where do you find it hardest to believe that honesty with Jesus will not lead to rejection?
- How is this different from how we often treat failure—either in ourselves or others?

### **3. Grace as the Environment of Change**

- The sermon said: *“Grace is not the reward for transformation. Grace is the environment where transformation occurs.”*  
Where have you experienced the opposite—trying to change *before* receiving grace?
- How might your discipleship look different if communion were seen as the **starting point**, not the finish line?



## **Spiritual Practice**

### **Purpose:**

To unlearn spiritual performance and practice honest reception before God.

### **Frequency:**

Once this week (10–15 minutes). Can be repeated.

### **Step 1 – Prepare the Space (2 minutes)**

- Sit somewhere quiet.
- Place something simple in front of you if helpful (bread, a mug, an open Bible).
- Take a few slow breaths.
- Say quietly (or aloud):

*“Jesus, I am here.”*

### **Step 2 – Remember the Table (3 minutes)**

Slowly read (or recall) one of the following:

- Mark 14:17–19
- Romans 5:8
- Psalm 23:5

Do not analyze. Just listen.

### **Step 3 – Hold the Question (5 minutes)**

Gently return to the sermon’s communion question:

**“What would it look like to receive Jesus here—not as the person I hope to be, but as I am?”**

- Do not rush to improve yourself.
- Notice what you feel tempted to *fix*, *justify*, or *hide*.
- Simply acknowledge it in God’s presence.

You may want to pray one simple sentence, such as:

- *“Jesus, this is where I am.”*
- *“I receive You here.”*

### **Step 4 – Receive, Not Resolve (2–3 minutes)**

End the practice without making promises or plans.

If helpful, close with:

*“Thank You that Your grace comes first.”*