



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.”