



FAITH 5 WITH FLAT JESUS!

The week of Sunday, August 6

SHARE - Share at least One High and One Low from the day or the week.

READ - 1 Corinthians 11:23-34

23 For I received from the Lord what I also handed on to you, that the Lord Jesus on the night when he was betrayed took a loaf of bread, 24 and when he had given thanks, he broke it and said, “This is my body that is for you. Do this in remembrance of me.”

25 In the same way he took the cup also, after supper, saying, “This cup is the new covenant in my blood. Do this, as often as

you drink it, in remembrance of me.” 26 For as often as you eat this bread and drink the cup, you proclaim the Lord’s death until he comes.

27 Whoever, therefore, eats the bread or drinks the cup of the Lord in an unworthy manner will be answerable for the body and blood of the Lord. 28 Examine yourselves, and only then eat of the bread and drink of the cup. 29 For all who eat and drink without discerning the body, eat and drink judgment against themselves. 30 For this reason many of you are weak and ill, and some have died. 31 But if we judged ourselves, we would not be judged. 32 But when we are judged by the Lord, we are disciplined so that we may not be condemned along with the world.

33 So then, my brothers and sisters, when you come together to eat, wait for one another. 34 If you are hungry, eat at home, so that when you come together, it will not be for your condemnation. About the other things I will give instructions when I come.

TALK -

We don’t have an express lane for communion. We don’t let guests go first. We don’t have the oldest members go first. Depending on how the services goes sometimes the Pastor gets communion last, sometimes we get communion first or in the middle.

It wasn’t always that way. In the early Christian church communion worked differently. Communion was a giant potluck where everyone got together and ate food. They would share all of their food including communion. Unfortunately, what ended up happening was some of the people on the outside, or anyone late to the party would end up not getting communion. That is why Paul is writing the people in Corinth to tell them to knock it off! He just wants everyone to get in on the potluck and he wants everyone to have some of the sacrament during their house party worship services.

We don’t have too many problems running out of communion bread (Except for last Easter when we used every single wafer!). We do however still have problems with Christians in the

church. Not everyone gets along all the time. Not everyone gets what they think they deserve. And far too often it is easy to judge others when we don't know the full story. How do we deal with all this dysfunction in the church and in our lives? We follow Paul's advice to "Examine yourselves." In the words of Michael Jackson, "I'm starting with the man in the mirror." If we examine our own flaws and prejudices, God can help us deal with those things. That's the easy way. The harder way is to live an unexamined life and deal with the repercussions and judgement of God. Even then God uses that discipline and judgement from those "learning opportunities" so that we and others "may not be condemned along with the world."

This reminds us of a few key things when faced with stress and conflict. We can only change ourselves. If other people change it will only because God allows them to change. Even Jesus had people who were close to him who ended up betraying him or abandoning him. Even when bad things and conflict happen to us and other people, Jesus is still in the middle of it all offering his body and blood to make things right again.

Discussion Questions

How does this Scripture relate or connect to your life and faith, your Highs and Lows?

What are some ways God has helped you learn from your mistakes?

What are some ways God could make your life even better?

What do you get out of Communion? Why do you think self-examination is an important part of Communion?

PRAY – You can hold hands or fold your hands when you pray together...

Thank God for the Highs you shared with each other.

Ask God for whatever kind of help and support you need for the Lows you shared with each other.

If you want, you can pray the Lord's Prayer together.

BLESS – Mark each other with the sign of the Cross on the forehead and say this, or some other blessing you may think of:

Remember that Jesus loves you and the Holy Spirit is within you!