

Power in the Blood

Communion connects us to the resurrection power of Jesus (1 Corinthians 10:16; 11:17-30). The practice of communion is a great equalizer and unifier. It reminds us that we all need a savior, regardless of our socio-economic status, nationality, race, or history. We take communion together simply as a community of the forgiven. When we engage in it, we are experiencing the *presence of Jesus* in a special way (contrary to either extreme of transubstantiation or mere symbol). It positions us before our Heavenly Father to receive power to say no to sin and yes to His ways, to have courage to stay in step with where He is leading us, and to have faith to ask Him to meet every need and desire we have in our lives, even if He says no. We take communion in humility and weakness – and not casually – because we need the power of the resurrection to be and live more like Jesus.

GET THINGS STARTED

What was your understanding and experience with communion growing up (if any at all)? What have you been taught about communion, and what significance has it had for you? Have you ever participated in communion in a different denomination or faith tradition, and if so, what was it like for you? What do you think makes communion weird or confusing for some?

GO DEEPER

1. From 1 Corinthians 11:27-30, what does it look like to participate in communion in an unworthy manner? How should we examine ourselves before we take communion? What questions should we ask ourselves, and our Heavenly Father, as we engage in communion?
2. What was happening in the Corinthian church (1 Corinthians 11:17-26) that led to Paul's strong, corrective rebuke on how they were practicing communion? What can we glean as followers of Jesus today from his admonishment? What makes communion an avenue for equality and unity?
3. What does it mean to participate in the blood and body of Christ, in 1 Corinthians 10:16?
4. According to Ephesians 3:17-19, what does the power of God enable us to receive, and why is that so critically important? What else does the power of God enable us to receive?

MAKE IT PERSONAL

1. Does the practice of communion draw you closer to the presence and power of God? Why or why not? What possibly needs to shift in you so that you encounter the presence and power of God *more* when you engage in communion?
2. Where do you need the resurrection power of Jesus in your heart and life right now?

PRACTICE IT NOW

Take intentional time as a group, in prayer, to ask God for a fuller understanding of communion. Ask Him to show you more of His heart and purpose in communion. And ask God to show you where your perspective or approach to communion possibly needs to change, not only for you personally but for your family as well. Invite His presence and power into your practice of communion, and ask Him to show you how to have communion with Him beyond what is offered or facilitated at the church.