



Part Nine: Eat

Food really doesn't benefit you unless you eat it. You can think about it, look at it and even smell it, but when you eat, that's when it nourishes you. Jesus asks us to receive him in the same way – not just to believe things about him but to trust him deep within our souls.

Scripture: Mark 14:22-25

Bottom Line: To be nourished by a meal you have to eat it. To be nourished by Christ you have to trust him.

Discussion Questions

Summer is right around the corner. As a group, plan to gather soon for a social in the coming weeks to kick off the season!

1. If you have a church background, what was your experience with communion growing up? How did your church practice the Lord's Supper? If not, what has your experience been recently? What feelings does it evoke for you? Are there aspects that you find particularly impacting?
2. Read Mark 14:22-25. Do some research and answer some of the following questions about the context of this passage:
 - a. What is the connection to the story of the Exodus and the Lord's Supper?
 - b. What is the new covenant that Jesus speaks about? (See Jeremiah 31:31-34)
 - c. How do you think the disciples would have felt sitting at this meal with Jesus?
3. What do you think are some of the reasons why Jesus uses bread and wine as symbols of his body and blood?
4. How does eating and drinking help us understand how Jesus wants us to respond to him and his message?
5. Why do you think communion or the Lord's Supper has become a lasting and important ritual in churches?

Moving Forward

Jesus asks us to feast on him to provide us strength and the assurance of forgiveness. How do you think you 'feast' on Jesus and receive him? What does that look like in someone's life from a practical point of view?