

## Small Group Notes

**Date:** 23/4/23

**Sermon series:** Moments of Encounter

**Talk title:** The Bread & the Cup

**Speaker:** Hannington

**Bible Text:** Mark 14:17-26

As this session is all about the bread and the cup, we're going to share communion together. Make sure you ask someone to prepare this if you're meeting face to face and if you are meeting online remind people to get some bread and some juice.

### Welcome

How are you doing?

How have you seen Jesus at work in your life this week? What have you sensed Him saying to you?

### Worship

Start by spending some time in worship together. If you have a worship leader(s) in the group, ask them to lead worship. Alternatively, we have compiled a couple of playlists with a range of songs for you to use during worship and ministry.

[Youtube Playlist](#)   [Spotify Playlist](#)

#### 1) **Some opening questions:**

*For those there on Sunday, what do you remember being said? Importantly, what did Jesus say to you & how did you respond? (encourage people to share personally)*

#### 2) **Read bible text aloud in the group**

- *What jumps out to you from this passage of scripture?*

#### 3) **Talk summary**

*It's all about intimacy with God - from sharing in the breaking of the bread and in community. ie We connect to the Lord and to others.*

*There is amazing transformation that happens to those who break bread with Jesus post resurrection eg Those in the upper room transformed from frightened believers hiding in a room to fearless disciples who stood up to the authorities; The couple on the road to Emmaus went from disappointment to excitement*

*Communion is all about 3 things - 1) what happened 2) what's happening and 3) what's going to happen*

*Intimacy with God begins when we*

- *Come together*

- Are truly present
- Participate in communion (there is real power in the breaking of the bread)

#### **4) Communion**

**Hannington shared that intimacy with God begins as we come together, are truly present and when we participate in communion.**

*We love sharing communion together on a Sunday, but there's something really special about doing this in a small group setting.*

*As you share, you may wish to play a song - either live or via youtube.*

*Here are some helpful pointers:*

*As we share communion together, these symbols of bread & wine are like signposts:*

- *They point us to the last meal Jesus shared with his closest friends on the night before He died on the cross*
- *That meal points us back in history, to the first Passover ~1500 years before, when God had rescued His people from slavery, and released them into freedom*
- *The last supper meal also points forward, to the cross, to Jesus' broken body & shed blood, for you & me*

*Paul writes this in 1 Cor 11 - reading from The Message version:*

*Let me go over with you again exactly what goes on in the Lord's Supper and why it is so centrally important. I received my instructions from the Master himself and passed them on to you. The Master, Jesus, on the night of his betrayal, took bread. Having given thanks, he broke it and said,*

*This is my body, broken for you. **[Pick up bread & break it]***

*Do this to remember me.*

*After supper, he did the same thing with the cup:*

*This cup is my blood, my new covenant with you. **[Pick up cup of wine]** Each time you drink this cup, remember me.*

*If you've said yes to following Jesus, you're reaching out to Him, you're welcome to share communion*

*Pray and pass round the bread, followed by the juice.*

*Allow this to lead naturally into a time of praying for one another.*

#### **5) Prayer ministry**

Spend time praying for each other. The goal here is to minister in the power of the Holy Spirit, rather than intercessory prayer. We believe that the Holy Spirit is present and able to change and heal right now!

The follow the model below is based on how Jesus prayed for people. It's not a formula but a model we've found extremely helpful. As we demonstrate it, others will "catch it".

There are 3 simple steps: **ASK – PRAY – ASK**

- i) **ASK** – ask the person what they're asking Jesus to do for them  
And ASK the Holy Spirit what He is wanting to do
- ii) **PRAY** – like Jesus did, pray your best prayers. Invite the Holy Spirit to come, and then wait. As pray-ers, let's keep our eyes open to see what the Holy Spirit is doing
- iii) **ASK** – what's happening? If the pain was a 10 out of 10 when they walked in tonight, ask them what they would score the pain now? What are the next steps? Thank God and ask for more. You may find it helpful to go through these steps 2-3 times.

### **To ponder or pray about this week...**

*Suggest a question or activity to take away and do during the week to help in the process of reflection and application.*

### **Some tips for leading a small group Bible discussion:**

- *Leading a good Bible discussion is primarily about asking good questions - it's more art than technique and has to be learned "on the job"*
- *We're aiming for self disclosure and application rather than theoretical discussion.*
- *Recognise that people are on a journey - they may be exploring faith or been following Jesus for years.*
- *It may be helpful to start with a lighter ice breaker question, then press in a bit deeper*
- *Open questions are good - "What, How, What if..."*
- *Ask questions that require more than a yes/no answer*
- *Ask questions that are neither insultingly easy nor bewildering obscure!*
- *Supplementary questions are really important - ensure people are grasping meaning rather than trotting out mechanical answers*
- *Supplementary questions have to be asked in the moment, but preparation helps to anticipate various replies*
- *Some helpful questions could include... how does that tie in with the rest of the passage? Can you give an example of that? How do you think this could work out in our lives?*
- *Avoid leaving people thinking "so what?"!!*
- *Remember that all roads in scripture lead to Jesus!*

