

TALK IT OVER

Sacraments COMMUNION

ICEBREAKER (Start Talking)

What is your greatest childhood memory?

INTRODUCTION (Start Thinking)

Communion is how we remember what Jesus did on the cross for us. It also releases His power. Let's learn how!

READ (Start Sharing)

- For some, communion may be confusing. But it doesn't have to be.
- Read 1 Corinthians 11:23-26.
- Communion is a simple meal. It's also a reminder and a symbol of Jesus' death on the cross. Finally, communion is a statement of faith about what He has done.
- Communion should be taken seriously. How can we be sure that we are taking communion the right way?

READ (Start Sharing)

- Taking communion reminds us of Jesus' death, burial, and resurrection. It also prepares us for His coming.
- What are some other ways you can remember Jesus?
- What is something God has done for you that you can remember while taking communion?

READ (Start Sharing)

- Communion is one way that we have access to the power God has made available to us in Christ already within us.
- Read Genesis 14:18-20; 15:1.
- Communion activates the power of God's **peace**, **blessing** or **happiness**, God's **word**, His **deliverance**, and His **shield**.
- How many of these have you felt while taking communion?
- Which of these powers do you need access to right now?

WHAT WILL YOU DO (Start Doing)

This week tap into the power God has made available to you!

PRAYER (Start Praying)

Heavenly Father, we receive what You have given us in Christ. Communion is a reminder of that and a release of Your power. We are thankful. In Jesus' name, amen.

READ GOD'S WORD DAILY using S.O.A.P.

Day 1:

We are telling you what we have seen and heard, so you may share in this life with us. And we share in it with the Father and with His Son Jesus Christ. 1 John 1:3 (CEV)

Day 2:

For every time you eat this bread and drink this cup, you are announcing the Lord's death until He comes again.
1 Corinthians 11:26 (NLT)

Day 3:

Melchizedek, the king of Salem and a priest of God Most High, brought Abram some bread and wine. Melchizedek blessed Abram with this blessing: "Blessed be Abram by God Most High, Creator of heaven and earth. And blessed be God Most High, who has defeated your enemies for you."
Genesis 14:18-20 (NLT)

Day 4:

When we bless the cup at the Lord's Table, aren't we sharing in the blood of Christ? And when we break the bread, aren't we sharing in the body of Christ?
1 Corinthians 10:16 (NLT)

Day 5:

Everyone ought to examine themselves before they eat of the bread and drink from the cup. 1 Corinthians 11:28 (NIV)

TIPS FOR ONLINE SMALL GROUP

- 1. HOSTING A SMALL GROUP MEETING ON ZOOM.** If you are interested in hosting a small group on zoom through New Hope Windward, let us know. Our small group team will help you get started. Zoom training is available.
- 2. EMAIL INVITE.** Ensure to send out a calendar invite with the meeting details and how to connect to the meeting platform on zoom.
- 3. REMINDER DURING THE WEEK.** Keep everyone in your group connected by sending a reminder during the week of your upcoming small group meeting.
- 4. START ON TIME & STICK TO YOUR TIME SCHEDULE.** For your scheduled meetings, it's recommended to get started within 5 minutes of your scheduled start time. Most small group meetings are held for about 60 minutes.
- 5. ZOOM'S BEST PRACTICE.** Familiarize yourself with the Zoom features on your electronic device. It is helpful for everyone to know where the mute button is located. Ask the attendees to self-mute to avoid environmental noise when someone else is talking & sharing. Doing this will help with the flow of your SG discussion time.
- 6. DOWNLOAD ZOOM APP.** In order to participate in the Online Small Group, download the Zoom App from your iPhone or Android. You may also download the Zoom App from your laptop PC or iPad device.

TIPS TO IN-PERSON GROUP

- 1. START & FINISH ON TIME.** Doing this will show your small group you value their time.
- 2. BE COMFORTABLE WITH SILENCE.** Uncomfortable silences are bound to happen. It's okay! A long pause during a group discussion can be powerful. A *pause* gives space for quieter people to break into the conversation; silence allows people to figure out exactly what they would like to say.
- 3. CONFIDENTIALITY IS IMPORTANT.** Confidentiality is the key to building trust in relationships. Here are a few mottos to remember to be confidential: "What is said in small group, stays in small group." **Nothing, nobody, never...** *"Share nothing, to nobody, never"* outside of the group.
- 4. MAKE GROUP A PRIORITY.** Communicate in advance when you will be unable to attend by either calling and/or texting your host or responding to the zoom email invitation by accepting or declining. This will help your host to plan accordingly especially if it is an in person small group gathering.