

The Bread and the Wine
Text: Psalm 118
February 6-7, 2010



Start It

(10 minutes)

Leader:

As people begin arriving use the following to begin to guide the conversation:

1. Describe a time this last week when you were really aware of God's love for you?
2. Describe a time in your life when you experienced God's intervening power?
3. Did you experience any personal earthquakes this last week, times when God broke into a bad situation because you began to praise Him? (This question is from last week's homework.)



Share It

(20 minutes)

1. Begin your time in worship. Last week we talked about different individuals in the group coming prepared with a Psalm, or a song. Take some time now to share and reflect on what people brought.
2. As you were growing up did you participate in communion? If so, what was it like and what did you think of it?
3. When did communion first take on significance for you?
4. What stood out to you in the sermon?



Study It

(30 minutes)

Turn to Psalm 118

1. In Jim's sermon, he talks about how communion is a way we rejoice in the freedom Christ gave us. What are some of the "freedoms" the psalmist rejoices over?

2. Have you experienced some of these freedoms in your own life? Share with your group how God has worked to bring freedom into your life.
3. Practically speaking, what does it mean for God's love to "endure forever?" Can you give an example when this truth made a difference as you faced some situation in your life?
4. The people traveling to Jerusalem would have come from all over Israel. Some would have been walking for a number of days with their children and provisions. Note the progression of themes from Psalm 113-118. When the people finally arrived in Jerusalem what do you think their mood would have been and how does this Psalm play a part?
5. Verses 22-23 are quoted by Peter in 1 Peter 2:7. What is the significance of a capstone? How does Jesus play this part in our lives? How is communion a celebration of this?
6. Read Mark 14:12-26 and 1 Corinthians 11:17-33. What more do you learn about communion? What questions do you still have? Assign folks in the groups to discover the answer to any questions you still have and bring them back next week?
7. Most protestant churches celebrate two sacraments, one being communion the other baptism. Someone once described a sacrament as "an outward sign of an inward reality." In what ways does communion fit this definition?



Video

(20 minutes)

1. What are your initial thoughts on C.S. Cowles' message?
2. How does his message relate to this week's Psalm?
3. Can you share any experiences that are similar to what C.S. Cowles experienced? In what ways did you see God bring freedom into your life during those times?
4. If C.S. Cowles were to leave you with one practical truth what would it be?



Live It

(5 minutes)

1. Under what circumstances do you find it hard to trust God?
 - a. How might receiving communion and this psalm help?
 - b. Are there other steps you could take to help you trust God more? What are the things that get in the way of such trust?



Pray It

(5 minutes)

Conclude with prayer

1. Share any answers to prayers these last few weeks.
2. Does anyone have any specific requests? (If someone in your groups feels like the foundation of their life has been shaken recently, take some time, lay hands on them and pray for them to be released into God's freedom.)