

# the table



**Week 5 | The Table | March 20**

**Key Focus:** Jesus frees us to love.

**Opening Up:**

- What celebration meal do you most look forward to?
- What makes that meal special?
- If you were to create a meal to celebrate one of life's milestones, what milestone would it be?
- What foods might you use as symbols? What format might the meal take? What name would give this meal? Who should celebrate it with you?

**Reference: Luke 22:7-20**

**Discuss:**

1. The Lord's Supper (communion or Eucharist) reminds us of our slavery to sin and God's rescue. Describe some of the important steps in God rescuing you. In other words, "how did you experience being rescued by God?"
2. Why do you think God chose food as symbols for our rescue?
3. Satan tried to use food to tempt and enslave Jesus in Matthew 4:3. Jesus responds by pointing to God's provision of manna. Manna was a food that taught Israel to trust that God was good. How has food been enslaving for you? Is worshiping with food a weird concept for you? How would you describe your relationship with food? (i.e. Adam and Eve in Genesis 3:7 felt shame for the first time because of food.)
4. Jesus dies so that we can live. Jesus was broken to overcome the brokenness of this world. How does breaking bread cause you to look differently at the brokenness of the world?
5. Jesus was poured out that you might be filled up. How does looking at Jesus being emptied help you to look at your own emptiness?
6. Once we realize Christ has died once (1 Peter 3:18) and once we recognize that we have received his righteousness, we can stop working so hard to justify ourselves. Our minds become free to see the needs of others. Whose needs do you need to see? In light of what Christ has done, what should you do?
7. At New City we have mobilized churches to care for schools with Shine, churches to engage students with the Collective, churches to engage church planting with Ciudad de Gracia, churches to engage mission with our mission trips, and the list goes on. God blesses others centered work. How can we pray for you love of someone besides yourself? How could you mobilize to do something good in light of what God has done?