GRACE NOTES

Message: Think About What You're Doing
Scripture: 1 Corinthians 11:23-28
Date: Sunday, January 15, 2017

---

1 Corinthians 11:23-28

23 For I received from the Lord what I also passed on to you:
The Lord Jesus, on the night he was betrayed, took bread,
24 and when he had given thanks, he broke it and said,
"This is my body, which is for you; do this in remembrance of me."
25 In the same way, after supper he took the cup, saying,
"This cup is the new covenant in my blood; do this,
whenever you drink it, in remembrance of me."
26 For whenever you eat this bread and drink this cup,
you proclaim the Lord's death until he comes.
27 So then, whoever eats the bread or drinks the cup of the Lord
in an unworthy manner will be guilty of sinning against the body
and blood of the Lord.
28 Everyone ought to examine themselves before they eat
of the bread and drink from the cup.

Study Notes --

Why is it important to think before you act or speak?

Describe a time when you failed to think before acting or speaking?

Thinking back to Sunday's service, what spoke to you, inspired you, encouraged you, challenged you, or confused you?

Taking communion is a sacred time. Has it always been that way for you? If not, why not?

Why do you believe self-examination is important as you partake in the Lord's Supper?

Read **Isaiah 53**. (If you're in a group, divide the passage between three or four people.)

This passage foretells what Jesus went through in His rejection, beating, and crucifixion. What did you see in the passage that shows what Jesus went through?

Does reading this passage give you a greater appreciation for all that Jesus endured for you? In what way(s)?

How does this passage help us to understand God's overall plan for our salvation?

Read **John 6:25-40**. (You may want to break this passage up among two or three group members.)

What were the people seeking?

What did Jesus mean when He claimed to be the "Bread of Life"?

What assurance does Jesus promise to those who believe?

In what ways do people seek for and settle for things that will not ultimately satisfy their deepest needs?