

## SERIES DISCUSSION GUIDE

**COMMUNION**  
**CHAD BRUEGMAN**  
**OCTOBER 13, 2024**

If you would like to watch the message, visit [rpc.me/messages](https://rpc.me/messages).

### ICEBREAKER

Take a moment to think back to the first time you participated in communion, which you may have known as the Eucharist or Lord's Supper. What stands out in your memory? Where were you when you took it?

### MESSAGE RECAP

This week's message focused on communion. Communion is one of two practices instituted by Jesus to help us remember His sacrifice and stay anchored in the truth of His death, burial, and resurrection. The other is baptism. As believers, we are often forgetful and distracted, but Jesus, in His love, gave us communion as a way to refocus our hearts and minds on Him. Through the act of eating bread and drinking from the cup, we remind ourselves of the new covenant made possible by Christ's shed blood, and we look forward with hope to His return.

### MAIN POINTS

- **Communion is a practice of remembrance:** It calls us to remember Jesus' sacrifice and to give thanks to God for Jesus' sacrifice which brings new life to those who put their faith in Him.
- **Communion reaffirms our identity in Christ:** We are reminded that we are holy, blameless, and deeply loved, not because of our works, but because of His grace.
- **Communion inspires humble service:** As Jesus served His disciples by washing their feet, we are called to serve others with humility and love.

### READ

John 13:1-3

### QUESTIONS

- When you have someone over for dinner, what do you do to prepare for your guests? What special things do you do to make your guests feel welcome and comfortable in your home?

- What did washing someone's feet mean in the first century Israel? Who performed this task? (Washing someone's feet was a humble and practical act of hospitality. Since people wore sandals and walked on dusty roads, it was common for guests to have their feet washed upon entering a home. This task was typically performed by servants or slaves, as it was considered lowly and undignified.)
- Communion not only restores our understanding of who we are in Christ but also calls us to humbly serve others. Considering what "Jesus knew" in verses 13:1-3, what seems appropriate or odd about the humble foot washing that is about to occur? (Jesus' love for His disciples and followers is fitting, as verse 1 says He loved them as "His own" and loved them "to the end." His humility might seem surprising, as verse 3 reveals that Jesus knew the Father had put all things under His power - He had come from God and was returning to God. Despite being in a position to act with pride, He chose to humble himself and wash His disciples' feet. Upending social norms and showing that no task was beneath Him, Jesus was saying it was His honor to serve them.)

## READ

John 13:4-8

- Why do you think Peter struggled to let Jesus wash his feet?
- In what areas of our lives might we also resist allowing Jesus to "wash" or cleanse us?
- The song *Cornerstone* includes the lyric, "Faultless I stand before the throne." In what ways does communion help you reaffirm your identity in Christ? (Communion reaffirms our identity in Christ, refixing our eyes on Him we are reminded that we are created in the image of God. It helps us remember the truth of who we are - we are holy, blameless, chosen and to quiet the inner critic and let Jesus' love refresh and cleanse us.)

## READ

John 13:8-17

- Chad said, "You can have all the truth in the world, all the knowledge of the Bible in one hand, but that truth has to transcend to you holding a towel in the other hand." He was speaking about serving others with love and humility. How are you doing with the towel?
- How does Jesus' humility in washing His disciples' feet influence the way you serve others in your daily life, including those with different beliefs or views?
- What else stood out to you about the message or this passage of Scripture?

**CLOSE IN PRAYER:** your closing prayer could include the following:

1. *Gratitude.* Thank you, Lord, for giving us this time together to study Your Word.
2. *Acknowledgment of "a-ha" moments.* We are so grateful for the new awareness and insights You gave us today.
3. *Request for help throughout the week.* As we go back to our homes, families, and workplaces, please remind us of what we've learned today and give us the courage and strength to obey whatever You are calling us to do. Amen.

## **LEADERS:**

Baptism will be on Sunday, October 27. Encourage people to sign up ([rpc.me/baptism](https://rpc.me/baptism) or [westend.me/baptism](https://westend.me/baptism)) and plan to come and support them. Baptism is a great next step of obedience to grow in your relationship with Christ. You don't have to be a member of RPC|WE to be baptized.

On November 2, our Meals 4 Kids service project is a great opportunity to serve with your group to package meals for hungry kids in need. Our goal is to package 190,000 meals for kids who don't have access to nutritious food. Register at [rpc.me/events](https://rpc.me/events). We have two time slots available – 9am-10:30am or 11am-12:30pm.