



GROUP GUIDE

WEEK OF NOVEMBER 1 & 2, 2025 | PRAYERS THROUGHOUT SCRIPTURE

As a church, we believe God is calling us to become a house of prayer, and that starts with each one of us. Join us as we read powerful prayers throughout the month of November from the Bible and engage in meaningful prayer experiences each week.

DISCUSS

In this passage, Paul speaks very directly to the Corinthian church about the way they were treating the Lord's Supper. Their gatherings had become divided and self-focused, missing the sacred meaning of communion. Paul reminds them—and us—that communion isn't just a ritual or tradition; it's a sacred act of remembering Jesus' sacrifice and proclaiming His death until He returns. It's a moment to realign our hearts, examine our lives, and come together in unity as one body, centered on Christ.

Read 1 Corinthians 11:23-33

- When you think about communion, what feelings or memories come to mind?
- How does communion point us back to the hope of the gospel—what Jesus has done and what He promises to do?
- What do you think it means to honor and recognize the body of Christ—both Jesus' sacrifice and the community of believers we're part of?
- What does healthy self-examination look like in light of God's grace—not as shame, but as an invitation to draw closer to Jesus?
- How does verse 32 reshape the way you think about God's discipline—as an act of His love rather than His anger? Can you think of a time when God's loving discipline drew you closer to Him?
- Communion can be both personal and communal. How can we strike a balance between taking time to reflect on Jesus' sacrifice and celebrating and engaging with the body of Christ around us?

PRAYER OF EXAMEN & COMMUNION

Before we take communion together, we're going to pause and reflect on God's presence in our lives this past week. The Prayer of Examen is a way to notice where God has been at work, confess where we've fallen short, and respond with gratitude and openness to Him. This helps us come to the table ready to remember and proclaim Jesus' sacrifice.

Prayer of Examen Practice (5–7 minutes)

Guide the group step by step:



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Pause and Center

Invite everyone to close their eyes and take a few slow breaths. Focus on God's presence here and now.

"Then he broke it into pieces and said, 'This is my body, which is given for you. Do this in remembrance for me.'" 1 Corinthians 11:24

Give Thanks

Ask members to reflect:

- Where did I notice God's presence or blessing this past week?
- What am I grateful for?

Review the Day/Week

- Where did I feel close to God?
- Where did I struggle to trust, love, or follow Him?

Face Shortcomings

- What do I need to confess?
- Are there relationships, habits, or attitudes I need to bring before God?

Now, as we have paused to examine our hearts, we will take communion together. This is a sacred moment to remember Jesus' sacrifice, celebrate our unity as His body, and receive His grace.

Communion

Take the bread

- As you take the bread, remember Jesus' body, broken for you. Reflect on His sacrifice and receive His presence in your life. This is a moment to rest in His love and forgiveness.

Take the cup

- As you take the cup, remember the new covenant in His blood, poured out for you. Let this be a moment of gratitude, surrender, and unity with Christ and with one another.