



# GROUP STUDY GUIDE

WEEK OF OCTOBER 6, 2024 | DRESS CODES AND COMMUNION CHAOS

This week, spend the last 15-20 minutes of your Group time praying a prayer of examen and taking communion together as outlined at the bottom of this guide. You can get communion from church (reach out to your Groups Pastor) or use crackers, bread, or juice – whatever you have at home!

## WARM-UP QUESTION

Think about the best meal you've had around the table. Who was there? What was the meal? What made it so memorable?

## DISCUSS

Start your discussion by sharing what stood out to you from Sunday's sermon. Were there any new insights or key takeaways for you?

Read 1 Corinthians 11:17-22

- What is Paul's tone in this passage? Use words or phrases to back up your thoughts.
- Paul is clear that the Lord's Supper is designed to unify the church. Is that what's happening in Corinth? What is happening instead? Why is that dangerous for the church body?
- Read verse 19 again. What's Paul saying about differences within the church body? What does he mean by God's approval?
- Where do you see position examples of unity in the church today? When is a time you can think of when the church (either the Big C church or your local church) was unified around Jesus?

Read 1 Corinthians 11:23-34

- How does this passage connect to the one above? What themes do you see in both of them?
- Why do we participate in the Lord's Supper? Why do you think Jesus gave us this example and called us to practice it?
- How does communion point us toward unity in Jesus? When you remember that we are all united through Jesus, how does that impact the way you view other believers?
- In verse 27, Paul talks about taking communion in an unworthy manner. What is he saying about being worthy of taking communion? What is he not saying?
- Why do we examine ourselves before we take communion? How can this impact growth in our relationship with God?



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- Have you ever been in a rhythm of examining yourself? What has this practice looked like? If you have, how have you seen this impact your relationship with God? With others?
- If you haven't been in a rhythm of examining yourself before God, what does it look like to start? How can your group help hold you accountable?

## CHALLENGE: AN EXAMINE PRAYER & COMMUNION

- Read [Psalm 139:23-24](#) to be reminded of the importance of allowing God to examine our hearts. Then, spend 2-3 minutes in prayer for each prompt below, allowing your Group members to pray individually, in pairs, or journal.
  - Acknowledge that you're in God's presence. Give thanks for God's love for you.
  - Pray for grace to understand where God is moving in your life.
  - Think through your day. Recall specific moments and how you felt.
  - Reflect on what you said, did, or thought in those moments. Were you drawing closer to God or further away?
  - Pray about tomorrow. How can you be more aware of the ways that God is moving in and through you?
  - Read the Lord's Prayer ([Matthew 6:9-13](#)).
- After praying together, take communion as a Group.

## RESPOND

- Based on what you just discussed, what do you think God is prompting you to do in response? When will you do it?
- Pray together as a group for the specific goals or areas of struggle that came up in your discussion. Thank God for revealing more of who He is, and ask Him to help you apply what He's prompting you to do this week.