



Series: Weird...Because Normal Isn't Working

“Spiritual Meal—Communion”

Week of May 2, 2021

Connect Group Discussion Guide

1. “Weird” is defined as *uncanny, mysteriously strange, supernatural, odd*; and “normal” is defined as *typical, expected*. There is a long list of practices and/or decisions that Christians have adopted that fit the definition of weird to the world: from worship to fasting, from tithing to loving your enemy, to emptying yourself, to the cross being a symbol of salvation. What are some things you can think of that are “weird” to the world, yet normal to those in the Christian faith?
2. “Communion” is the weird phenomena that is explored in this opening sermon of this series. What is communion? What is the reason it may be considered weird? Read John 6:54.
3. To understand communion we first have to understand the sacramental principle: to use the physical to teach the spiritual. What spiritual principle do you think is being taught by the physical act of taking communion?
4. Here is the lesson of communion: normal in our world is self-sufficiency and self-sustenance (I am a self-made person, pull yourself up by your own boot straps. In other words, “I don’t need anyone else.”). Weird in our world is our sustenance and strength comes from God. Do you believe this? How does your strength come from God, even in the middle of challenges?
5. Communion uses physical food (bread and wine) to teach this spiritual lesson (see #4 above). When you take communion, what does it do for you personally?
6. Read the John verses. It opens with the feeding of the 5,000, demonstrating that they did something they could not do themselves...without Jesus. What are three things you cannot do without Jesus?
7. Jesus is our strength and sustenance. Communion illustrates this. We cannot serve the world without Him. Read the I Corinthians verses. What are they saying to you?

Main Idea

There is a long list of practices and/or decisions that Christians have adopted that fit the definition of weird to the world. Weird is a good thing.

Key Scripture Reference(s)

***Read aloud:
John 6:48-56
I Corinthians 11:18-19,
21-28***

Your Faith in Action

What steps will you take this week to **show** others what you believe (in words, and in deeds)?

Mon: _____

Tue: _____

Wed: _____

Thu: _____

Fri: _____

Sat: _____

Sun: _____

This is a constant element, so you can practically live out your faith everyday.