



Twenty-Four Seven – Week 4 – More than a Meal
Spiritual Formation Guide

We hope you'll use this guide to take the teaching from Sunday's service and reflect on it with a few friends or with a group. If you have questions or want to talk more about how to take a next spiritual step, contact us at info@wschurch.org.

Scripture:

²⁰ When it was evening, Jesus sat down at the table with the Twelve. ²¹ While they were eating, he said, "I tell you the truth, one of you will betray me."

²² Greatly distressed, each one asked in turn, "Am I the one, Lord?"

²³ He replied, "One of you who has just eaten from this bowl with me will betray me. ²⁴ For the Son of Man must die, as the Scriptures declared long ago. But how terrible it will be for the one who betrays him. It would be far better for that man if he had never been born!"

²⁵ Judas, the one who would betray him, also asked, "Rabbi, am I the one?"

And Jesus told him, "You have said it."

²⁶ As they were eating, Jesus took some bread and blessed it. Then he broke it in pieces and gave it to the disciples, saying, "Take this and eat it, for this is my body."

²⁷ And he took a cup of wine and gave thanks to God for it. He gave it to them and said, "Each of you drink from it, ²⁸ for this is my blood, which confirms the covenant^[d] between God and his people. It is poured out as a sacrifice to forgive the sins of many. ²⁹ Mark my words—I will not drink wine again until the day I drink it new with you in my Father's Kingdom."

³⁰ Then they sang a hymn and went out to the Mount of Olives.

Matthew 26:20-30

But in the following instructions, I cannot praise you. For it sounds as if more harm than good is done when you meet together. ¹⁸ First, I hear that there are divisions among you when you meet as a church, and to some extent I believe it. ¹⁹ But, of course, there must be divisions among you so that you who have God's approval will be recognized!

²⁰ When you meet together, you are not really interested in the Lord's Supper. ²¹ For some of you hurry to eat your own meal without sharing with others. As a result, some go hungry while others get drunk. ²² What? Don't you have your own homes for eating and drinking? Or do you really want to disgrace God's church and shame the poor? What am I supposed to say? Do you want me to praise you? Well, I certainly will not praise you for this!

²³ For I pass on to you what I received from the Lord himself. On the night when he was betrayed, the Lord Jesus took some bread ²⁴ and gave thanks to God for it. Then he broke it in pieces and said, "This is my body, which is given for you."^[d] Do this in

remembrance of me.”²⁵ In the same way, he took the cup of wine after supper, saying, “This cup is the new covenant between God and his people—an agreement confirmed with my blood. Do this in remembrance of me as often as you drink it.”²⁶ For every time you eat this bread and drink this cup, you are announcing the Lord’s death until he comes again.

1 Corinthians 11:17-26

Reflection Questions:

- What is the most memorable meal you’ve shared with someone?
- Read Matthew 26:20-30 out loud slowly.
- What do you observe in this story?
- Where do you find yourself in this scene?
- Write down a few words that describe your usual approach to Communion during the worship service each week. What emotions do you feel? What do you usually think about as you take it?
- What do you want that moment each week to be like?
- Eddie shared, Jesus made a point of saying, this is **FOR YOU**. Do you see it this way? Why or why not?
- Another reason Eddie shared that we should want to take Communion together is because Communion is a demonstration of unity. Is this something that you’ve experienced? How so?
- Read 1 Corinthians 11:17-26 slowly. What stands out to you as you read it today?
- How can you celebrate the Lord’s Supper in a way that considers other people?
- How is Jesus challenging you to surrender selfishness at his table?

Invitation to Practice:

- **Lent (Spring) Season Reflection -**
In the weeks between now and Easter, as Christ-followers, we remember Jesus’s 40 days in the wilderness and his journey toward the cross. Take a moment to use the free [PDF linked here](#) to prayerfully consider what God might be inviting you to do over the next several weeks. Let’s make room to walk with Jesus intentionally in this season.