

BEYOND SUNDAY

Taking Sunday's Message Into The Week



Series:

Message: The 5 Commands of Communion

Main Text: 1 Corinthians 11:23-34

Beyond Sunday Guide

Main Idea

This past Sunday, Pastor Joseph Grant took time to slow down and look more closely at something the Church celebrates regularly—Communion. Through a message titled ***The Five Commands of Communion***, he reminded us that sometimes familiarity can cause us to overlook the significance of something that matters deeply. Just as we can move through our morning routines without really thinking about them, Communion can become something we simply do each month. But there is a reason Jesus gave His Church this practice, and **1 Corinthians 11** helps us slow down and remember what is really happening at the Lord's Table.

Paul begins by reminding the Corinthians that Communion is something they received from the Lord, pointing us to the first command: **receive**. Before we ever think about what we can do for God, we are invited to receive what He has graciously given us—most importantly, Jesus Himself. Then Jesus tells His followers to **remember** Him, because life has a way of filling our attention with work, stress, schedules, and distractions. Communion gives us a tangible opportunity to put Jesus back in the frame. As **Hebrews 12:2** reminds us, we are to be *“fixing our eyes on Jesus, the author and finisher of our faith.”* What we keep in frame matters, because what captures our attention ultimately shapes our lives.

Paul then reminds us to **reiterate** the Gospel—to proclaim again and again that Christ died, was buried, rose again, and is coming back. But Communion also gives us an opportunity to **reflect**. Paul tells believers to examine themselves, not because they must somehow become worthy enough to approach Jesus, but because what they are approaching is worthy of reverence. Like looking into a mirror, reflection allows us to see ourselves honestly before God—to recognize sin that needs to be surrendered, bitterness that needs to be released, pride that needs to be brought into humility, or places where we have drifted from Him. But reflection is not where it ends. The fifth command is **respond**. What Jesus has shown us should move us to action—to serve, give, forgive, love, and consider others. **We don't simply acknowledge what God shows us—we respond to Him.**

Talk About It

1. **Read 1 Corinthians 11:23-26.** What do you notice about what Jesus told His followers to remember when they take Communion? Why do you think Jesus gave the Church a tangible way to continually remember who He is and what He's done?
2. Pastor Joseph said, **“What we keep in frame matters.”** What are some things that can slowly move Jesus from the center of our attention? What helps you keep your focus on Him when life becomes busy or distracting?
3. **Read 1 Corinthians 11:27–32.** Paul tells believers to examine themselves before taking Communion. What do you think it means to approach Communion in a worthy *manner* rather than trying to make yourself “worthy” enough to come to Jesus? How does that distinction affect the way you understand self-examination?
4. Pastor Joseph said, **“We don't reflect to condemn ourselves—we reflect so we can respond correctly to Jesus and the people He puts around us.”** Why do you think genuine reflection should lead to action? What might keep someone from responding to what God has shown them?



RECEIVE. REMEMBER. REITERATE. REFLECT. RESPOND.

“Don’t let familiarity make you forget something or someone’s significance.”

Make It Practical

1. **Take a few minutes to intentionally receive what God has already given you.** Write down one gift you are especially thankful for—grace, forgiveness, salvation, His presence, or something else—and spend time thanking Him for it rather than taking it for granted.
2. **Put Jesus back in the frame.** Identify one thing that has been taking too much of your attention lately. Then choose one intentional way to redirect your focus toward Jesus this week through prayer, Scripture, worship, or simply creating space to be with Him.
3. **Reiterate the Gospel to someone this week.** Share what Jesus has done for you through a conversation, encouragement, your testimony, or simply reminding someone of God’s grace. Don’t assume people are tired of hearing the Gospel—some truths are worth repeating.
4. **Take time to reflect honestly before God.** Ask, “Lord, let me see what You see.” Write down one thing He may be showing you that needs attention, then take one specific step to surrender it, make it right, or move forward.
5. **Respond by putting someone else before yourself.** Identify one person God has placed around you and look for a practical way to serve, encourage, forgive, help, or simply consider their needs this week. Let what Jesus has done for you shape how you treat someone else.

Prayer

Father, thank You for the gift of Jesus and for the sacrifice He made for me. Thank You for Your grace, mercy, forgiveness, and presence. Help me never become so familiar with these gifts that I lose sight of how significant they are. Help me keep Jesus at the center of my life. When my attention is pulled in a hundred different directions, remind me to remember the Gospel and fix my eyes on You. Give me an honest heart that is willing to reflect on my life and allow You to show me what needs to change. Where there is sin, bitterness, pride, or distance from You, give me the humility and courage to respond. And Father, let what Jesus has done for me shape the way I live. Help me serve, give, forgive, love, and consider others the way Christ has considered me. May I not simply recognize what You show me, but respond with obedience and allow Your work in me to be seen through the way I live. In Jesus’ name, Amen.