



## Mark: A Journey with Jesus | | Communion

### Mark 14:12-16, 22-25

Communion is one of the sacraments that followers of Jesus Christ are to participate in regularly. It includes the breaking of bread and drinking of wine that represent the body and blood of Christ.

- *How would you describe to someone what communion was all about? What is its significance and why do you choose to take part in it?*

### Read together Mark 14:12-16, 22-25

- *Up to this point in time, people had observed Passover, which celebrated a covenant made between God and men in the Old Testament. As you read verses 22-25, what do you think the disciples were thinking when Jesus spoke those words?*
- *How do Christ's words change everything going forward?*

We are always trying to fill the void in our lives that can only be filled with a relationship with Jesus. Jesus died on the cross to set you free from the bondage of sin yet we still fail him regularly.

- *If Christ has given us everything we need and paid the ultimate sacrifice for us, why do we still struggle with not trusting Him? Why do we try to find other things to give us freedom?*

Read verses 26-31. Christ tells us that we fall away. Communion is a time to be reminded of what Christ did for you. You don't have to be good, just hungry.

- *What are you holding on to in your life that prevents you from trusting the Lord with everything?*
- *What can you be doing to help keep yourself hungry for knowing the Lord?*