

This series is all about mental health and being a Christ-follower. This series has covered a variety of different things, but mostly about how we stumble through all of this stuff together. Today, we're looking into the Lord's Supper, and how this brings us further together in Jesus.

HANGOUT

1. What is one highlight and one lowlight of your week?
2. Do you have any questions or thoughts that you bring to the conversation?

HEAR

3. Read Matthew 26:14-30.
 - What part of this passage impacted you or stood out in some way? Why?
 - In verse 18 we are told clearly that this is a "Passover" meal. What is Passover? How is it connected with this last supper with Jesus?
 - Notice that Jesus calls himself "the Teacher" in verse 18. The Christian Church has regularly related to Jesus as our "Saviour" primarily. Why is seeing Jesus also as our teacher so important?
4. Continue reading in Matthew 26:31-44.
 - Jesus takes his disciples with him to pray, then takes a smaller group of three with him further. Are there lessons in this for us?
 - What lessons can we learn about prayer from Jesus' prayer about the cup of suffering?

HUDDLE

5. What are you left wondering about? How does all of this stuff about Jesus that we just read act as an example for us in some way?
6. Take some time to talk about what each person feels the need to share with the group about how they are doing (for real). Then pray together.