



## *Communion Part 1: "The Institution"*

1. Read Matthew 26:17-19. What's the significance of the Festival of Unleavened bread and the Passover? (See Exodus 12:1-30 and Deuteronomy 16:1-8)
  
2. Read Matthew 26:20-26. How does this interaction challenge us to examine our own motives and actions in light of our relationship with Christ?
  - a. In what ways does the Lord's Supper serve as a profound expression of God's love and forgiveness despite our capacity for betrayal and sin?
  
3. Read Matthew 26:26-30. What is the significance of Jesus instituting the Lord's Supper during the Passover meal?
  - a. What benefits do we receive when participating in this supper?
  
4. In verse 29, Jesus mentions not drinking from the fruit of the vine again until the coming of his Father's kingdom. How does this future feast with Jesus inspire hope and perseverance in your journey of faith?



**Joshua 1:9**, "Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go."

**2 Timothy 1:7**, *"For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline."*

1. True or false: Fear is not normal.
2. When was a time you felt afraid? What happened that made it better?
3. Why was Gideon afraid? Why did he choose to lead Israel into battle if he was afraid?
4. If God did not give us a spirit of fear, then what did He give us?
5. Why can you have courage even when you feel afraid?
6. Think of a promise that God has made that helps you when you feel afraid. Who is someone that needs to hear that promise? Share it with that person this week.