

Small Group Notes: 6 September 2026

Theme: G.I.F.T ... Given for you!

Warm Up questions:

What is the “best” gift that you have ever received?

If you could “order” any gift in the world, what would it be?

Discussion Questions:

1. For background information read 1 Corinthians 11: 17-22. What do you think the practice had been when the early church communities met for Fellowship Meals? What is it in the way the meals were celebrated that Paul objected to? Can you list some of the objections?
2. Now read 1 Corinthians 11:23-26. What very significant event is the writer referring his audience to? (see Mark 14:12-26).
3. Why is the fellowship meal to be shared reverently and with seriousness (see the first few words of verse 23)?
4. What do you think verse 26 means?
5. Read further with verses 27-29. What is the warning here? What do you think has been going on in the community up to this point?
6. The Fellowship Meal has over time developed into the formal practice of what we refer to as the Sacrament of Holy Communion today. What does the Sacrament of Holy Communion mean for you?
7. The Lord’s Supper (Holy Communion) is the one worship practice that unites all Christ Followers around the world. Do you agree with this statement?

Prayer thought and action for the week:

I made the following statement in my message in church: “Celebrate the GIFT as often as you can, whenever and wherever you can. Consume it, mindfully and prayerfully, make it a part of every cell in your body.” With that in mind, I encourage you to make the

time to share a fellowship meal with someone this week; or perhaps your small group would like to share a fellowship meal together. This fellowship meal is not the formality of a Holy Communion Service, but a time of sharing a meal together, and then at a point during that meal, to “break bread” and bless it ... and share it; and to take a cup of water/juice/a non alcoholic drink, and bless it ... and share it ... and then to pray together.

May you be blessed as you journey with the Lord this week.

Tim.