



Doggy Bag: Something to Chew On Throughout the Week

1. What has been your most meaningful experience of Worship? Of Holy Communion? Of Baptism? Why were these experiences so significant?
2. Think about your experience and knowledge of how Holy Communion is practiced in other denominations. What similarities and differences have you observed?
3. How should we understand the nature and function of the church? How does church as community that regularly gathers around the Lord's Table affect your thinking about church life, worship, and mission?
4. What do you think is meant by calling the sacraments a kind of divine "show and tell"?
5. Re-read Luke 24:13 – 35. What do you think the two disciples were discussing as they walked? What tones of voice do you hear? What hopes are dashed? What plans might they be making? How do they react to the stranger? Why do you think Jesus did a roundabout Bible study instead of revealing himself directly? Where has the mystery of Jesus "surprised" you recently? How did you respond?
6. What part do the sacraments of Baptism and Holy Communion play throughout the journey of faith?
7. How does the realization that Christ is truly present affect your view and practice of the Lord's Supper?
8. Consider who is absent from our Communion Table at St. Thomas? What might we do to extend the Table to them or work to bring them in to experience Christ's grace more fully?



This Holy Mystery
Matthew 26:26 – 29; Luke 24:13 - 35

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1. What is _____? How do we define and know when we are actually worshipping?

²³ Yet a time is coming and has now come when the true worshipers will worship the Father in the Spirit and in truth, for they are the kind of worshipers the Father seeks. ²⁴ God is spirit, and his worshipers must worship in the Spirit and in truth. -- John 4:23 – 24 (NIV)

¹Ascribe to the Lord, you heavenly beings, ascribe to the Lord glory and strength. ²Ascribe to the Lord the glory due his name; worship the Lord in the splendor of his holiness. — Psalm 29:1-2 (NIV)

- Put simply, worship is anything you do that _____ the worth of the Lord, which _____ your relationship with Jesus, and urges _____ to follow him.

2. The best way to recognize true worship is to _____ in!

²⁹ But they urged him strongly, “Stay with us, for it is nearly evening; the day is almost over.” So he went in to stay with them. ³⁰ When he was at the table with them, he took bread, gave thanks, broke it and began to give it to them. ³¹ **Then their eyes were opened and they recognized him, and he disappeared from their sight.** – Luke 24:29 – 31 (NIV)

➤ **One significant way we “join in” is through the Sacraments!**

3. So, what are the Sacraments?

Sacraments are a vow or promise we make to God. They are an outward and _____ sign of an inward and _____ grace.

²⁶ While they were eating, Jesus took bread, and when he had given thanks, he broke it and gave it to his disciples, saying, “Take and eat; this is my body.” ²⁷ Then he took a cup, and when he had given thanks, he gave it to them, saying, “Drink from it, all of you.” ²⁸ This is my blood of the covenant, which is poured out for many for the forgiveness of sins. – Matthew 26:26 – 28 (NIV)

¹⁶ John answered them all, “I baptize you with water. But one who is more powerful than I will come, the straps of whose sandals I am not worthy to untie. He will baptize you with the Holy Spirit and fire...” ²¹ When all the people were being baptized, Jesus was baptized too. – Luke 3:16, 21 (NIV)

➤ There are signs in the sacraments that reveal God’s **UNCONDITIONAL LOVE** for us, and there is grace: God is **UNIQUELY PRESENT** in the sacraments in ways that God is not present at other times. As United Methodists, we understand and claim this as the mystery of God.

KEY POINT

The Sacraments of Baptism and Holy Communion help us declare the worth of the Lord, deepen our relationship with Jesus, and urge others to follow him by our witness. They are a quintessential way the Christian community of faith worships Christ!



ACTIONS TO CONSIDER

1. If you or members of your family have not been baptized, prayerfully consider becoming baptized.
2. Commit to receiving Holy Communion as often as you can.
3. Consider becoming a part of the team that will help extend our Communion Table to those who are not able to be present in worship due to illness or other life challenges.