



# R E C A L I B R A T E

## SESSION 3 - RECEIVE

### **SERIES BIG IDEA**

Worship recalibrates our hearts to God.

### **MESSAGE BIG IDEA**

Through worship we receive Jesus and his truth for our lives.

### **SCRIPTURE**

John 14:26, 1 Corinthians 11:23-26, Luke 22:14-20

### **ICEBREAKER AND OPENING THOUGHT**

Take this time to ease your group into talking, both by sharing something about their lives, but also by introducing the big idea via the opening thought. These are just suggestions though, so use your own best instincts about how to best do this in your groups.

### **BIBLE DISCUSSION**

Walk through the three scripture passages slowly. It's important that we remember that we aren't alone – that the Holy Spirit lives in and among us – so that we come to communion, we can and do receive something. Allow your group to make new or old connections, talking about how they have heard these passages in the past and how they might be understood altogether.

### **LIFE APPLICATION**

Receiving can be hard because we're not always great about receiving from other people, even God. Walking through these questions can help your group to look at what distracts us. Communion is also something we do weekly and yet trying to remember the true meaning and its transformative powers fresh can be hard. Take your time and don't be afraid to be vulnerable with your group – keeping in mind that might mean going first.

### **CHALLENGE**

Spend some time with your group taking prayer requests about what is our most common distracting posture and what we most feel like we need to receive from God. Break into pairs and pray for each other. Take that awareness of our need into the next week.