

Week 4: The Last Supper

Theme: A New Covenant

Key Scripture: Luke 22:14–20; 1 Corinthians 11:23–26

Focus: Jesus institutes Communion

Teaching: At the Last Supper, Jesus points to the cross and invites His followers into a new covenant through His body and blood.

Luke 22:14–20 and 1 Corinthians 11:23–26 draw us into the heart of Jesus’ love on the night before the cross. At the Last Supper, Jesus takes an ordinary meal and fills it with eternal meaning, pointing His disciples to what His death will accomplish.

Jesus speaks of His body given and His blood poured out, establishing a new covenant grounded not in law, but in sacrifice and grace. The bread and the cup become visible signs of His willingness to give Himself fully for the sake of others. What once remembered deliverance from Egypt now points to a greater deliverance—from sin and death.

Paul reminds the church that Communion is an act of remembrance and proclamation. Each time believers share the bread and cup, they declare the reality of Christ’s death and live in expectation of His return. Looking back and looking forward are held together in this sacred act.

Together, these passages invite us to slow down, remember, and respond. Communion calls us to gratitude, humility, and renewed trust in Christ’s saving work, shaping how we live as people bound together by His sacrifice and hope.

Discussion Questions:

- What does Communion symbolise for you?
- Why do you think Jesus chose a meal to teach this truth?
- How does remembering shape our faith?

Scripture Engagement Questions:

1. Why do you think Jesus chose the Passover meal to introduce the new covenant?
2. What does the bread represent beyond physical nourishment?
3. How does the cup symbolise both sacrifice and hope?
4. Why is remembering such a vital part of faith?
5. How does Communion connect the cross and resurrection?
6. What does it mean to participate in Communion “worthily”?
7. How should Communion shape the way we live between Sundays?

Reflection/Prayer: Encourage gratitude for Christ’s sacrifice and covenant love.