

FAITH FOUNDATIONS.

DIGITAL NOTES

1/

A New Chapter

Each of us has a story. Each of us has lived a unique life with a wide variety of experiences, joys, heartaches, successes, failures, challenges, plans, hopes and dreams. All of these are important in shaping who you are. Understanding your story within the framework of your relationship with Jesus provides your story with incredible meaning and purpose.

You have a story: who you were, who you are, and who you are becoming.

1. A story of salvation

'And you were dead in the trespasses and sins 2 in which you once walked, following the course of this world...But now in Christ Jesus you who once were far off have been brought near by the blood of Christ' Ephesians 2:1,13

'Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come.' 2 Corinthians 5:17.

'To him who loves us and has freed us from our sins by his blood 6 and made us a kingdom, priests to his God and Father, to him be glory and dominion for ever and ever. Amen.' Revelation 11:5-6

'He has delivered us from the domain of darkness and transferred us to the kingdom of his beloved Son, in whom we have redemption, the forgiveness of sins.' Colossians 1:13-14

In light of these verses **discuss** the following questions:

- *What are we saved from?*
- *What are we saved for?*
- *What were you like before you became a Christian?*
What was your life like?
- *What changes do you feel you have seen in your life since making a decision to follow Jesus?*

2. Sharing your story.

Sharing your story can build your faith and strengthen your relationship with Jesus. But, your story isn't just for you. As you share it with others it can be a source of help and inspiration for them too. Your story is an example of the love and power of Jesus.

Share to grow:

‘I pray that the sharing of your faith may become effective for the full knowledge of every good thing that is in us for the sake of Christ.’
Philemon 1:6 (ESV)

Share to win:

‘They triumphed over him by the blood of the Lamb and by the word of their testimony; they did not love their lives so much as to shrink from death.’
Revelation 12:11 (NIV)

Share to Bless

‘Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God.’
1 Corinthians 1:3-4 (NIV)

Consider taking time to think about and discuss how you would answer these questions:

- *How did you come to the point of asking Jesus be your Saviour?*
- *Has God brought any new passions, purposes, plans and goals into your life since you made the decision?*
- *What is God currently doing in your life?*
- *What blessings or breakthroughs are you experiencing?*
- *Are you facing any challenges?*
- *How is God leading you to overcome these challenges?*

3. Going deeper

- Read the book of Mark
- Read The Purpose Driven Life by Rick Warren
- Write out your story!

2/

A New Lifestyle

Jesus told a story. It was a story of two builders. One built their home on a foundation of sand. The other on rock. It rained and rained. The house on the rock remained but the house on the sand was washed away. **The point?** Where we build our foundations matter. As a new Christian how can you build your life on good foundations?

1. Build a good relationship with Jesus **v.4-7**

1. Enjoy Jesus! (v.4)

If you read Philippians you'll see Paul, who wrote the letter, uses the word rejoice 16 times. Rejoicing is being thankful. When we say things like 'Jesus, thank you for all you have done - you matter most to me' we are worshiping him. We can do this in praying or singing songs. As we meet as a church each Sunday we worship in singing. We 'rejoice' in what Jesus has done for us and how much he loves us!

2. Expect Jesus (v.5-6)

As Christians we live expectantly. We are eagerly waiting for Jesus to return. We are also expect that he is with us by his Spirit. We expect Jesus. That means we can expect him to be with us in every situation we face - we don't need to be worried!

3) Ask Jesus (v.6-7)

When we pray we leave our worries with God and in exchange he gives us his peace! We can talk to God about everything - we can be specific. (v.6) Asking Jesus for his peace acts as a guard over our minds and lives. His peace stops us being consumed with the worry of life or with things outside of our control. (v.7)

2. Build a good thought life (v.8)

What we think about affects who we are, and every area of our life (Matt 15:19-20). Our culture constantly encourages us not to think morally good or pure thoughts. We can get rid of wrong thoughts by giving space in our minds for good thinking and good thought patterns. How? We need to consider what we spend our time thinking about, looking and even who we spend time with. Building a good thought life starts as we make our relationship with God and developing an understanding of the Bible central to our lives.

Some Application: Find 5 minutes over the next few days to review what you've said over the last few days and what you've fed your mind on (social media, internet, TV, etc) – what changes can you make to improve your thought life?

3. Build on the example of other Christians you respect (v.9)

We can learn how to be Christians as we follow the example set by other godly men and women. This is why church is so important! As we meet and get to know other Christians by attending church we will grow in our own Christian journey as we learn from them.

When we become friends and spend time with other Christians our aim should be to learn from their example.

Application: Think about an older Christian you respect and why, what could you learn from their example?

4. Going deeper

- *The Battle for the mind* - David Holden
- *Man the Dwelling Place of God* - AW Tozer
- *How to Hear God* - Pete Greig

3/

A New Relationship

You were made for relationship. When God made Adam & Eve he made them for community with one another and with Him. Humans are designed for relationship! When we choose to follow Jesus, we enter into a new relationship with God. And like any relationship the more time we put into getting to know Him the more we benefit from the relationship!

Relationship is the basis of prayer. In the same way you might call a friend when you are having a bad week, you can now talk to God at any time. Peter, one Jesus's closest friends wrote that we should 'Cast all your anxiety on him because he cares for you.' God wants us to share all our troubles and problems with him. There is nothing he doesn't know about or want to hear from us about. So in prayer we should be free to approach him with anything and everything. We should also remember who we are talking to – the Creator of heaven and the earth and the Father who has adopted us as his children!

1. How did Jesus pray?

Reflect on the following verses about Jesus' prayer life:

'And rising very early in the morning, while it was still dark, he departed and went out to a desolate place, and there he prayed.' Mark 1:35.

'But now even more the report about him went abroad, and great crowds gathered to hear him and to be healed of their infirmities. But he would withdraw to desolate places and pray. Luke 15:15-16.

'Now Jesus was praying in a certain place, and when he finished, one of his disciples said to him, "Lord, teach us to pray, as John taught his disciples." And he said to them, "When you pray, say: "Father, hallowed be your name, Your kingdom come. Give us each day our daily bread, and forgive us our sins, for we ourselves forgive everyone who is indebted to us. And lead us not into temptation." Luke 11:1-4.

For discussion:

- How often did Jesus pray?
- What does this teach us about prayer?
- What did Jesus teach us to include in our prayers?

2. A simple method for daily prayer

Look Up - Matt. 6:9-10. - begin by praising God and reminding yourself of his purposes

Look Ahead - Matt. 6:11 - bring your needs and requests to God.

Look Back - Matt. 6:12-13 - review your thoughts, speech and actions. Is there anything you need to ask forgiveness for? Is there anyone you need to forgive?

3. Tips...

"When it comes to pray, just remember to: Keep it simple, keep it real and keep it up!" - Pete Greig

1. Find a regular time - start with short periods - and build up!
2. Find a quiet place
3. Learn to chat to God
4. Use the Bible to help you
5. Ask the Holy Spirit to guide and help you. *Romans 8:26-27*
6. Keep a list of prayer and answered prayer
7. Find what works for you. sitting , kneeling, lying down, walking.
8. Pray with others - this strengthens faith
9. Don't give up! We learn how to pray by doing it! We just need to keep at it!

3. Going deeper:

- Set aside 10 mins a day this coming week to pray.
- Read:
 - *How to Pray* - Pete Greig,
 - *Catching Fire, Becoming Flame* - Albert Haase

4/

A New Relationship

How to read the Bible

The Bible is God's big story.

Christian leader Matt Chandler writes:

'What we see in the Bible is a grand story of redemption that, yes, is about us, but is more primarily about God'

It's an account of his creation, of humankind's fall away from relationship, of his redemption and salvation of us and of a promise of a future with him.

The Bible in 4 Parts.

We can see the Bible as contain four parts which aren't distinct sections but which each work their way through the different stories we read. These parts are - CREATION, FALL, REDEMPTION, COMPLETION.

Creation

Genesis 1&2, John 1 - give us an account of God's good creation. Everything made by him was good and made for his pleasure. It also shows that he is before all things, the cause of all things, above all things, and the goal of all things. We also find that we, humans, are the crowning glory of the Creators' work. Made for a relationship with him.

Fall

The second theme in God's story is a long and tragic one. It begins in Genesis 3, but runs like a thread all the way through until the last book, Revelation. We see God's first man and woman, Adam and Eve, reject God and his ways. They essentially betrayed the One who had made them. This act placed them outside of relationship with God and put them under his judgement.

There are 3 results of the fall:

- **We lost our vision of God.** Instead of seeing him as good, he is to blame 'Why have you made me like this?' ' Why does God allow suffering?' And instead of reconnecting with God we make gods that look more like us. (Romans 1:22,24,25). In doing this we have blinded ourselves to what God is really like.
- **The fall blurred and distorted the image of God within humanity.** Instead of being loving, generous, self-giving, thoughtful and gracious - as God is - we became selfish, unloving, unforgiving, spiteful. We were created to bear God's image, that is to mirror what God is like, but because of the fall, we often end up mirroring what Satan is like.
- **Loss of relationship with God.** Instead of friendship with God humans became rebels, lost and cast adrift, law-breakers, abusers of His creation - and suffered the consequences of isolation from God, brokenness, loneliness and pain.

Redemption & Reconciliation

The third part of the Bible - in fact the longest part - shows us how God set about redeeming (which means to buy something back) and restoring us. So we might have a true vision of who God is, know what is to be 'image-bearers of God' and know a lasting real relationship with him. We see his plan in two parts; firstly he enters into a promise and relationship with a specific people group, the Israelites. However, we see them constantly rejecting Him, and worshipping other gods.

We then see Jesus. We see signs pointing to him throughout the Bible, but the gospels tell his story. They demonstrate he was sinless and without rebellion. They show us that he completely obeyed God's laws. They show us that he is willing to take our rebellion on himself so that we might know God. The cross and resurrection event is really the central hinge the Bible hangs on.

Here is the heart of the story – A loving God came to restore our lost vision of what he was like, by showing us himself. His death on the cross and resurrection, made it possible for his image to be restored in us, and through the gift of the Holy Spirit he became present in us in a constant relationship.

Completion (the final wrap-up!)

Lastly we see a theme running through the Bible of hope for the future. One such verse says, 'See I am making all things new! The Bible shows us that just as Jesus rose from death, we too will rise from death to live with Him forever. In Revelation we see God coming to physically dwell forever on a renewed earth with us. Just as the story starts with God in relationship with his creation, so it ends.

2. How to Read the Bible

- Before you start reading ask the Holy Spirit to guide you and show how what you are going to read can speak to you.
- Begin with the life of Jesus - read Mark or John
- Start a regular pattern for reading - a chapter a day.
- Find a rhythm that suits you.
- Use a reading plan on **the Bible App**. perhaps the Bible in one Year.
- Put in to practice what you read.
- Listen to the Bible on the Bible App in your car or on your headphones.
- Learn with others - join a Life Group or Equip Group next term!

3. To get you started...

Begin to read Mark's gospel

Youtube -

Subscribe to **the Bible Project** to help you understand key themes for different books.

Books:

How to read the Bible for all it's worth - Gordon Fee and Douglass Stuart

The Explicit Gospel - Matt Chandler

The God who is There - D A Carson

5/

New Power

The person and work of the Holy Spirit

1. Who is the Holy Spirit?

The Holy Spirit is God and the third person of the Trinity.

In the New Testament we see Jesus promising that he would send the Holy Spirit *John 14:16-17*. We see this promise fulfilled in *Acts 2*, when after Jesus has ascended to heaven the Holy Spirit descends and fills Jesus's followers with his presence: After they receive the Spirit, the disciples are noticeably different, they have a new confidence and new boldness in speaking about Jesus, and a greater power to demonstrate the Kingdom of God through miracles, signs and wonders.

2. The role of the Holy Spirit in our lives:

Read the following verses:

- *John 16:7-8*
- *Acts 1:8*
- *Ephesians 1:13-14*

Reflecting on these verses what roles does the Holy Spirit play in our lives?

3. Encountering the Holy Spirit

We are encouraged by Paul to 'be filled with the Spirit' *Eph 5:18*.

This occurs when we ask Him to come and meet with us and fill us with his presence. It isn't a one-time thing but something we should be asking for regularly.

When we ask Him to fill us, we should be expectant of an experience of His presence. This takes many forms. Some experience a deep sense of love, affirmation, joy (this is in keeping with his role as a helper and counsellor) others experience an almost electricity like power, (which is in keeping with Jesus' words in Acts 1:8) The experience however isn't as important as the result - we must be asking the Holy Spirit to fill us so that we know Jesus and his gospel more, so that we have more boldness in our lives and so that we have a greater confidence.

4. The fruit of the Holy Spirit's presence in our lives

The Holy Spirit's work is of great benefit to us. As he works in us he reminds us of our salvation, our hope in Jesus and draws us to Jesus.

‘The fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, 23 gentleness, self-control’ Galatians 5:22,23

As the Holy Spirit works in our lives he transforms us from the inside out - making us more like Jesus. He gives us the power to say yes to Jesus and to turn away from bad habits and practices.

Food for thought: Since you made a commitment to follow Jesus, have you noticed any positive changes in your character or habits?

5. Spiritual Gifts

The Holy Spirit gives us gifts to serve God effectively and to ‘build up the body’ - His church. There are a wide range of gifts mentioned in the New Testament.

Read the following verses as a group and discuss the variety of gifts mentioned:

- Romans 6:12
- 1 Cor. 12:27-31
- 1 Peter 4:10,11

These verses show us that:

- We are all not given the same gifts
- A healthy church needs a variety of gifts
- Often there is an overlap between natural ability and God-given gifts

6. Prophecy & Tongues

Tongues

The gift of tongues is a supernatural language that the Holy Spirit gives believers to pray to God. Some are given human languages , which they haven't learnt, as in Acts 2. For others the gift of tongues are heavenly languages, (see 1 Cor 12:10, 1 Cor. 13:1).

Tongues are a private prayer language to God. And so when we are in a meeting together if someone feels God encouraging them to bring a prayer in a tongue we wait for someone to bring an interpretation - so we know what is being communicated. The interpretation of tongues is another gift which is given. It is never a word for word translation but is an interpretation capturing the heart of what has been said. (See 1 Cor 14).

Prophecy

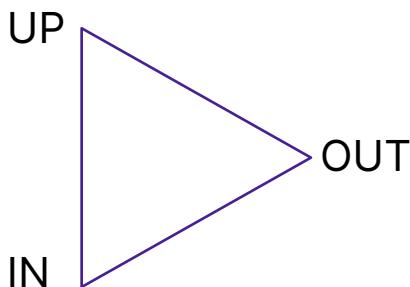
This gift is given for strengthening, encouraging and comforting the church (1 Cor 14:3). When a member of the church brings a prophecy it is often a 'now' word - a word from God to encourage the church or church members in the present circumstances. A person may bring a prophetic word, but that doesn't make them a prophet. The gift of prophecy is different from the ministry of the prophet. A prophet (Ephesians 4:11) may be more like an Old Testament prophet and bring predictive words regarding the future.

6/

New Responsibility

How do I live out my faith? *Philippians 2:12-18*

The freedom we now have as Christians gives us the opportunity to live out our lives for Jesus. Paul encourages us to 'shine like stars in the universe as you hold out the word of life' *Philippians 2:15-16*.



1. UP: Take responsibility for the transformation of our own life (v.12-13)

As Christians we have a responsibility to work out the freedom Jesus works in us. This means building a relationship with God and 'working out our salvation'. Taking responsibility for our own lives with Jesus is really important. When we commit to personal change – whether that's habits or lifestyles which we know are getting in the way of our relationship with God – we do it because of our salvation and not to earn it.

It is possible to be a Christian, yet waste your life. We have a responsibility as Christians to live in the freedom of our salvation.

For discussion :

- What is stopping us fulfilling our God-given potential at work, in the home, in our relationships?
- Are we trapped by habits or attitudes that we need God to break?

2. IN: Take responsibility for our role in the Church (v.16b-18)

We see in these verses that Paul considers his 'ministry to be 'pouring out his life for others' v17 Many times Jesus encouraged his disciples to 'love one another'.

Being part of the church and getting involved in serving enables us to be part of the family. As we do this we grow in our love for others and realise we are a part of something bigger than ourselves.

For discussion:

- Why is being connected to other Christians in a church community important?
- Why is serving others good for us?
- How could you and how could we serve & care for others?

3. OUT: Take Responsibility for the Transformation of Society (v.14-16a)

We have a responsibility and privilege to share the good news of the gospel with the people around us! If Jesus has changed our lives it should be easy to tell others he can change theirs too!

How do we do this? Paul writes that we are to shine like lights in a society that is dark and broken.

We can do this by:

The works we do: As we live differently, not grumbling, gossiping or complaining - living with joy, we demonstrate Jesus changes lives to those around us. As we care and love others being generous with our time, and money we show other people God's love.

The words we speak: We have the privilege of being able to tell others what Jesus has done for us and what he has done for them! We can also demonstrate how God has changed us by what we say and the words we speak.

The wonders we expect: God still answers prayer! As we live in a hurting and broken world we have the opportunity to pray for and with others! We can pray for healing, pray for breakthrough knowing that God is a God who cares and acts. We need to expect that God will answer as we pray!

For discussion

- Our values shine through our behaviour. What would a stranger conclude we believed about life if they were only able to observe our behaviour?
- How could we demonstrate and speak the gospel out to those around us?

7/

Baptism

Our word “baptism” comes from the Greek word “baptizo”. It is one of the few words in our English Bibles that has never been translated properly into an English word, but has been left in its original form. This hasn’t always helped people to understand what baptism actually is so it has caused confusion, uncertainty and differences of opinion through most of church history.

Who should be baptised?

We believe that the Biblical basis for baptism is that it is only for those who have already responded in faith to Jesus which is why it is sometimes called ‘believer’s baptism’. It follows repentance and faith [Mark 16:16; Acts 2:38] and a person becoming a disciple [Matthew 28:19]. We never find the order reversed – for example see the story of the Philippian jailer’s family [Acts 16:30-34],

Baptism itself does not save us, but it is a powerful sign and declaration of saving faith.

Why should we be baptised in water?

- Because Jesus was baptised [Matthew 3: 16].
- Because Jesus told us to be baptised [Matthew 28:19].

If these were the only two reasons that the Bible gave us to be baptised, then surely this would be enough reason to get baptised – after all, Christians are by definition those who imitate Jesus [1 John 2:6] and obey Jesus [John 14:15]!

New Testament references to baptism:

- The disciples baptised people [John 4: 1-2].
- Peter said we should be baptised [Acts 2: 38].
- Paul himself was baptised [Acts 9: 18].
- Paul expected that all believers had been baptised.. and he made sure just in case they were not [Acts 19:1-5].
- Paul often references baptism in his theological writings. Clearly water baptism was a huge deal for Paul, and his assumption was that all believers had been water baptised [Romans 6: 3; 1 Corinthians 1: 13-17; 1 Corinthians 10: 2; 1 Corinthians 12: 13; 1 Corinthians 15: 29; Galatians 3:27].

How should we be baptised?

1. With Lots of Water!

The Greek word baptizo means, 'to plunge, dip, immerse, submerge, sink and drown'. There is an expectation in the word itself that the person being baptised is completely immersed in water. With Jesus' baptism it says that 'he came up out of the water' [Mark 1:10]. We should be baptised in the same way. There is no magic about the amount of water used, but the water symbolises something. Water baptism represents our joining with Jesus in his burial and resurrection - a symbolism which sprinkling misses entirely [Romans 6:3-4].

2. With people watching

Most of the biblical accounts of baptism occur in public places. Think of people getting baptised in the Jordan River like Jesus did, and thousands of new believers in Acts 2. Furthermore, as baptism is a public declaration of your faith in Jesus, then you will want to do it with people watching.

3. Who actually does the baptising?

Church leaders (elders, pastors or group leaders) are the ones who normally carry out baptisms at Gateway, although it is great for believing friends or family to take part.

What does baptism achieve?

Baptism is not necessary for salvation:

We see this in the account of the thief who was crucified next to Jesus but before he died put his faith in Jesus. Clearly, the thief was not baptised, but Jesus said to him, 'Today you will be with me in paradise' [Luke 23:43]. However, this exceptional case should not make us think that baptism is somehow optional for Christians.

Baptism is an essential aspect of salvation:

We need to understand that it is part of the normal order of salvation and without baptism we are missing out on an important part of God's grace to us. As baptism is a command of Jesus, it is necessary if we are to be obedient to him. Jesus instructed his disciples, 'Go and make disciples of all nations, baptising them in the name of the Father and of the Son and of the Holy Spirit' [Matthew 28:19].

What are the direct benefits to me of being baptised?

- Knowing we have obeyed Jesus' commands
- Initiation: baptism is a symbol of our becoming part of God's family the Church. We are baptised 'into Christ'
- Being sealed: Baptism itself does not make us a Christian, it symbolises the fact that we have already been saved.
- Being cleansed: Baptism reminds us that we are now to live as a cleansed person. Ananias said to Paul 'rise and be baptised and wash away your sins' [Acts 22:16].
- Being united with Christ in His death and resurrection [Romans 6:1-4].

8/ Communion

The Passover

In Exodus 12, The final plague God sent to the Egyptians was the death of their first born sons. God promised to send the angel of death to exact this cost from the Egyptians, but in order to keep the Israelites safe he gave them instructions.

They were to take a lamb, without any defects, scars, infections or illnesses and kill it. It's blood was to be painted on the door frames of the house as a sign to the angel of death to pass over the property.

God told them to be ready to leave Egypt, but they were instructed to eat a meal first. They were to cook the lamb and bake bread made without yeast.

This meal was then celebrated every year subsequently by the jewish people. Remembering the night God delivered them, from death through the blood of a lamb.

Last Supper

The night before Jesus is betrayed, he gather with the disciples to celebrate Passover. Jesus changes the symbolism in the meal. Instead of being a meal to remember God's past deliverance, Jesus now claims this meal is to be about him.

And he took bread, gave thanks and broke it, and gave it to them, saying, "This is my body given for you; do this in remembrance of me."

In the same way, after the supper he took the cup, saying, "This cup is the new covenant in my blood, which is poured out for you.

Luke 22:19-20

Jesus becomes the passover lamb, his blood given so that you and I may not face death. Jesus became the passover bread, his body given as a substitute for our own.

Communion in the early church

This new meal ceased to be something the disciples did once each year at Passover but something they began to do regularly together. In Acts 2 we find the first church in Jerusalem 'breaking bread' regularly as part of their church life. We find in church history, that when the early church gathered on Sundays they gathered for this very purpose, to take the meal together.

It celebrated their oneness as a people and recognised they had become part of Christ's body.

Communion in church history

Over the next hundreds of years as the church grew different ways of viewing this meal developed. There have been lots of names for the meal:

- Communion
- the Lord's Supper,
- Breaking bread
- Eucharist
- Mass.

Catholics, believe that when they eat the bread and drink the wine it actually becomes Christ's body and blood. This is called transubstantiation. The reformer **Martin Luther** taught that while the bread and wine do not physically transform into Christ's body and blood, Christ is spiritually present "in, with, and under" the elements of bread and wine. Others, followed in the teaching of Swiss theologian **Ulrich Zwingli**. He taught that the bread and wine was symbolic and that the meal was purely an act of remembrance. A third view presented by **John Calvin** taught that that through the Holy Spirit, Christ comes to spiritually dwell with us as we take the meal.

So what is Communion about?

Communion is a special meal with Jesus. Where we remember his work for us and he comes to dwell with us. As we take the meal do this we remember Jesus'

- **past** work in saving us
- **current** work in interceding for us and in making us like him
- **future** work in making all things new

Communion is also a key symbol of being one body as a church. Jesus split one loaf between himself and his disciples. They drank from one cup. It symbolised their oneness. We are one body, and one with Jesus. Importantly then, communion is not something you can do alone, but something that you must do with others.

How to take Communion

Be ready — Prepare ourselves

'Everyone ought to examine themselves before they eat of the bread and drink from the cup. For those who eat and drink without discerning the body of Christ eat and drink judgement on themselves'

1 Cor 11:28-29.

Pauls says to the church in Corinth that when we come to the table to celebrate this meal, we need to, Examine our heart and attitudes toward God, ourselves and our brother and sisters in Jesus

Be ready — think about others

Paul also says we need to be careful not to be selfish but Ensure that there is enough to go around, he says:

So then, my brothers and sisters, when you gather to eat, you should all eat together. Anyone who is hungry should eat something at home, so that when you meet together it may not result in judgement.

1 Cor 11:33-34.

Be ready — get organised!

Jesus taught us to use bread and wine for this meal, because of their symbolic significance. As such it's important that we use bread and a drink that is red in colour. We need to be mindful about those who are gluten free or who don't drink alcohol. It is important that we use bread and wine that is appropriate for the whole group. It's also helpful to portion the bread and wine out before starting to make sure there is enough for everyone -No one must be left out.

How to take Communion — step by step...

There are lots of ways to go about taking this meal but here is a way:..

Pray — someone take a lead in praying for the group, ask the Holy Spirit to meet with you, ask him to illuminate any areas of your life that you need to give over to Jesus, ask for forgiveness for, or that he wants to speak into.

Spend a few minutes independently and silently waiting on the Holy Spirit to bring to mind anything he wants to speak to you about.

Read — either 1 Cor. 11:23-26 or Matt. 26:26-29

Share — Pass around the the bread and the wine

Pray — someone take a lead in thanking Jesus for his body broken for us.

Eat!

Pray — Someone take a lead in thanking Jesus for his blood shed for us

Drink!

Pray — for one another.