

Sermon Discussion Guide

Tension at the Table **Scripture:** Mark 14:22–26

View Sermon here:

Reflection Questions

1. Tension at the First Table

- What emotions or relational tensions do you imagine were present at that first Lord's Supper?
- How does acknowledging the messiness of that night change the way you think about communion?

2. Bringing Real Life to the Table

- The sermon talks about the danger of separating our faith from the realities of our lives.
 - *What would it look like for you to bring your full self—fears, doubts, relationships, struggles—to Jesus at the Table?*
- Share a time when ritual or tradition (like a meal or communion) helped ground you in a difficult season.

3. Fear at the Table

- The message mentions two types of fear:
 - **Good Friday fear** (life is broken and hopeless), and
 - **Easter fear** (what if Jesus really is who He says He is?).
 - *Which fear do you tend to struggle with more, and why?*

4. The Mess of Community

- Like the disciples or the Corinthian church, early Christian communities were messy.
 - *What relational tensions are present in your own "table"—your family, church, or community?*
 - *How does Jesus invite us to pursue unity even when it's hard?*

5. The Table as a Place of Reconciliation

- The sermon emphasized that the Lord's Table doesn't deny conflict—it brings it into the light for reconciliation.
 - *Who might God be prompting you to forgive, reach out to, or reconcile with this week?*
 - *How can the act of eating together help rebuild relationships?*