**Learn on Your Own**

**Day 1: Eating and Drinking**

Review the video for this session.



**Engage**

Read [Matthew 26:17–19](https://ref.ly/logosref/Bible.Mt26.17-19), [26–30](https://ref.ly/logosref/Bible.Mt26.26-30).

**Consider**

As Jesus sat with His disciples for their last meal before His death, He turned their Passover meal into something totally new and unexpected. Jesus didn’t mean that the bread was *actually* His body or that what they drank was *actually* His blood. He was using these things as symbols to represent His sacrifice on the Cross.

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| **QUESTION**  What did Jesus tell the disciples to do when they went into the city to prepare the Passover meal? |

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| **QUESTION**  Do you think the disciples had any idea what was about to happen after Jesus talked about body and blood? Why or why not? |

**Reflect**

Jesus said that His blood was given as a sacrifice to forgive the sins of many.

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| **QUESTION**  How has Jesus’ sacrifice impacted your life? |

**Activate**

Sometimes it can be helpful to change up how we pray. Write out a prayer or a letter to Jesus, telling Him “Thank You” for His forgiveness and His sacrifice on the Cross.

**Pray**

Dear Jesus, thank You for the price that You paid for my forgiveness. I want to live my entire life for You and You alone. Amen.

**Learn on Your Own**

**Day 2: Divided We Fall**

**Engage**

Read [1 Corinthians 11:17–22](https://ref.ly/logosref/Bible.1Co11.17-22).

**Consider**

In this section of this letter to the Corinthians, Paul was correcting them. He was doing so because they had acted selfishly and were divided. Specifically, they weren’t unified when they gathered for the Lord’s Supper, which is also called Communion.

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| **QUESTION**  What does Paul’s message tell you about the way the Corinthians were acting? |

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| **QUESTION**  According to verse [21](https://ref.ly/logosref/Bible.1Co11.21), what are the Corinthians doing at the Lord’s Supper that Paul was concerned about? |

**Reflect**

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| **QUESTION**  Why do you suppose people bring division into the church like the Corinthians did? How can you do the opposite—bring unity? |

**Activate**

Have you allowed division to creep into any of your relationships with other Christians? If so, reach out to a leader or a parent today to ask for help in restoring unity with that person.

**Pray**

One True God, I know that You’ve called Your Church to work together. We aren’t in Your perfect will when we’re divided. Help me to work for unity in every relationship. In Jesus’ name I pray. Amen.

**Learn on Your Own**

**Day 3: Spiritual Check-Up**

**Engage**

Read [1 Corinthians 11:23–31](https://ref.ly/logosref/Bible.1Co11.23-31).

**Consider**

As we continue in the same passage as yesterday, Paul quoted what Jesus said at the Last Supper. Paul then issued a warning, saying that participating in the Lord’s Supper is to be taken seriously.

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| **QUESTION**  Where did Paul say that he received this instruction about the Lord’s Supper? |

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| **QUESTION**  What are believers announcing every time they take Communion? |

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| **QUESTION**  Why should believers examine themselves before taking the bread and the cup? |

**Reflect**

In verse [25](https://ref.ly/logosref/Bible.1Co11.25), Paul wrote that God made a covenant, or solemn promise, with all those who follow Him.

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| **QUESTION**  How does knowing God made a covenant with you impact your relationship with Him? |

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| **QUESTION**  What are areas of your life that aren’t honoring that relationship with God? |

**Activate**

Take a moment to examine your heart and life, like Paul instructed the Corinthians to do. Ask God to reveal any areas that are not pleasing to Him.

**Pray**

All-knowing God, You know every part of me. Please help me to see the areas of my life that are not pleasing to You. I want every part of my life to be surrendered to You. Amen.

**Learn on Your Own**

**Day 4: Bread of Life**

**Engage**

Read [John 6:43–59](https://ref.ly/logosref/Bible.Jn6.43-59).

**Consider**

This passage in John’s Gospel appears to be a strange one at first. Why was Jesus telling people to eat His flesh? Jesus was speaking metaphorically, of course. He’s talking about how the only way for people to be made right with God is through Him and the sacrifice that would be made using His own flesh and blood.

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| **QUESTION**  What did Jesus call himself in verse [48](https://ref.ly/logosref/Bible.Jn6.48)? What do you think that means? |

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| **QUESTION**  What is the outcome for all who eat the heavenly bread Jesus spoke about? |

**Reflect**

Jesus said that anyone who ate this bread would live forever and never die. When speaking of the bread, He isn’t speaking literally, of course. He also isn’t referring to physical life, but eternal life. Anyone who puts their trust in Jesus will live forever with Him.

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| **QUESTION**  What is an area in your life that you have a difficult time trusting Jesus with? Why? |

**Activate**

Write verse [47](https://ref.ly/logosref/Bible.Jn6.47) on a note card and put it in a visible place as a reminder of the promise that we have because of Jesus.

**Pray**

Sustaining Father, thank You for Your sacrifice for me. I want to live with You forever. Help me to trust You every single day. I also ask that every follower will grow in their trust and relationship with You. In Jesus’ name I pray. Amen.

**Learn on Your Own**

**Day 5: The Suffering Servant**

**Engage**

Read [Isaiah 53:1–10](https://ref.ly/logosref/Bible.Is53.1-10).

**Consider**

Isaiah was written about seven hundred years before Jesus walked the earth. This passage is a prophecy about who Jesus would be and what He would come to do. It specifically spoke of Jesus’ sacrifice, which is what we remember when we celebrate Communion.

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| **QUESTION**  Why was Jesus pierced and crushed? |

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| **QUESTION**  According to verse [6](https://ref.ly/logosref/Bible.Is53.6), why did Jesus need to die for our sins? |

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| **QUESTION**  How many details of Jesus’ life, death, and burial can you find in this passage of prophecy? |

**Reflect**

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| **QUESTION**  What phrase from this passage means the most to you? What makes it so meaningful? |

**Activate**

Ask your family to take Communion together. If your family members are not followers of Jesus, take Communion on your own. Read [Isaiah 53](https://ref.ly/logosref/Bible.Is53) again. Take a moment to pray and receive the bread and juice.

**Pray**

Saving God, thank You that Your plan was to save me long before I even knew it. Thank You for sending Jesus to carry the weight of my sin on His shoulders. Help me to always remember what He has done for me. I pray for my family, neighbors, and friends. May each one know all You did for them by sending Jesus to give His life. Amen.