



**Check In**

Connect with God honestly about where you are at



**Reflect**

'Review until' something stands out to talk to God about



**Share**

Talk with God & others about what is now on your heart to do

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**Check-In**

God is glad to connect with you. He wants to hear how you are doing. Take a moment to notice your primary emotion of the day to help yourself be fully present. Consider whether you are primarily sad, angry, scared, happy, excited, tender. Share with God that emotion. Write out: What are you thankful for? Consider repeating: "In Christ, I am a loved child of God, not what I have done, do, or will do."

**Reflect**

Spend some time with the biblical texts and the resources below. Consider starting by making some observations or reading until something stands out to you; feel free to pause when the Lord prompts you. Talk with God about what encourages, challenges, or confuses you.

**Read Mark 14:12-16, 22-26**

*God establishes various signs, seals, and symbols throughout redemptive history to be a spiritual help to His children. God knew his people would struggle to continue to trust in His promises and remember all that he achieved in Christ. God in His kindness established regular ways by which Christians can have their faith in Jesus strengthened when they gather. Jesus instituted "The Lord's Supper" or "Communion" during the last Passover meal with His disciples. The Passover Feast helped the Jewish people remember their salvation from Egypt and the enduring promise as God's chosen family; the Lord's Supper helps Christians remember our salvation from sin and death and the new spiritual family we have through Christ. Jesus promised to eat this meal with us in the new heavens and new earth.*

**Watch** [Covenants](#) by the Bible Project and/or [Read Why Is the Lord's Supper Significant in the Bible?](#)

**Share**

Be quiet for 3 minutes. What do you sense God is saying to you? How will you respond faithfully this week? The community is built and encouraged when we share out of our like experiences, gifts, time with God, and reflect on Scripture. What insight, question, or experience do you want to share with us?

**Steps for Everyday Faith, Family, and Mission because of Jesus**

- What are you thankful for? What challenges are happening in your life, family, and community?
- What did you like/not like about the Scripture?
- What did you discover about God and/or people in the passage?
- How is God inviting you to respond and live with Him this week?
- Who do you know that needs to hear this?
- Ask God: How can I bless (body, labor, emotions, social, spiritual) those people who need this?