



TALK IT OVER

Our Talk It Over is designed to prompt insights, questions and dialogue based on the life experience of each participant. Using these in a group setting after hearing the message is similar to the practices of the early church in Israel. Choose just one or a few of the questions to consider this week.

Warm-Up

What's one meal you've had with others that you still remember—not because of the food, but because of the people?

Discuss

1. Communion started as a full meal shared with others. How does that change the way you think about it?
2. Why do you think sharing a meal can create connection in a way that other activities sometimes don't?
3. Remembering isn't just thinking back—it's recreating something. What do you think it means to "recreate" community in your everyday life?
4. Where in your life do you currently feel a strong sense of belonging? Where do you feel disconnected?
5. The picture of community is that everyone has a seat at the table. What makes it hard for people to feel like they belong?
6. If meaningful community is central to how people experience faith, what are the risks of reducing it to something private or individual?
7. What's one thing you'll do this week to move toward deeper connection with someone else?



Apply

Choose one simple, intentional step toward connection, and pay attention to what happens when you slow down and create space for connection. Here are some ideas:

Invite someone to share a meal, coffee, or a walk; Reach out to someone you've lost touch with; Sit with someone new or include someone who might feel overlooked; Be fully present at one meal this week—no distractions, just conversation

Pray

God, thank you for creating us for connection—not just with you, but with each other. Help us move beyond surface-level interactions and into real relationships. Give us eyes to see people the way you do and courage to take simple steps toward connection this week. Amen.