Making Disciples

Notes for Group Session Sixteen

Loving and Forgiving Others

Communion

Session Goals

1. The disciple will identify someone in their life they need to forgive or identify that they have forgiven.
2. The disciple will identify how we should react when character traits in others make it hard to love them.
3. The disciple will communicate two reasons why we should take communion.

Begin the session praying together and reviewing the Action Steps from the previous week. Pray with individuals who had difficulty applying the information from last week. Thank God where there were successes in the application.

Why are We Called to Love One Another

Matthew 22:39 "And the second is like it. Love your neighbor as yourself."

Mark 12:31 "The second is this. Love your neighbor as yourself. There is no commandment greater than these."

John 13:34-35 "A new command I give you: love one another. As I have loved you, so you must love one another. By this everyone will know that you are my disciples if you love one another."

John 15:12-13 "My command is this: love each other as I have loved you. Greater love has no one than this: to lay down one's life for one's friends."

Romans 13:8 "Let no debt remain outstanding, except the continuing debt to love one another for whoever loves others has fulfilled the law."

1 Peter 4:8 "Above all, love each other deeply, because love covers over a multitude of sins."

1 John 4:7 "Dear friends, let us love one another, for love comes from God. Everyone who loves has been born of God and knows God."

1 John 4:8 "Whoever does not love does not know God, because God is love."

1 John 4:11 "Dear friends, since God so loved us, we also ought to love one another."

1 John 4:16 "And so we know and rely on the love God has for us. God is love. Whoever lives in love lives in God, and God in them."

1 John 4:19 "We love because He first loved us."

1 John 4:21 "He has given us this command: Anyone who loves God must also love their brother and sister."

Love Your Enemies

Proverbs 10:12 "Hatred stirs up conflict, but love covers all wrongs."

Proverbs 24:17 "Do not rejoice when your enemy falls and let not your heart be glad when he stumbles."

Proverbs 25:21-22 "If your enemy is hungry, give him bread to eat, and if he is thirsty, give him water to drink, for you will heap burning coals on his head, and the Lord will reward you."

Matthew 5:43-45 "You have heard that it was said, 'Love your neighbor and hate your enemy.' But I tell you, 'love your enemies and pray for those who persecute you that you may be children of your father in heaven.'…"

Luke 6:27-28 "But to you who are listening, I say, love your enemies, do good to those who hate you, bless those who curse you, and pray for those who mistreat you."

Luke 6:35 "But love your enemies, do good to them, and lend to them, without expecting to get anything back. Then your reward will be great, and you will be children of the Most High, because he is kind to the ungrateful and wicked."

Forgive One Another

Forgive as God forgives, it is not a feeling but a choice to forgive, it involves forgetting too. It is releasing, letting go, and putting away debt. It is letting go of the pain of the wound.

Isaiah 1:18 "Come now let us reason together, says the Lord: though your sins are like scarlet, they shall be as white as snow; though they are red like crimson, they shall become wool."

Isaiah 43:25 "I, even I, am he who blots out your transgressions, for my own sake, and remembers your sins no more."

Proverbs 17:9 "Love prospers when a fault is forgiven, but dwelling on it separates close friends."

Leviticus 19:18 "Do not seek revenge or bear a grudge against any one among your people but love your neighbor as yourself. I am the Lord."

Matthew 5:23-24 "Therefore, if you are offering your gift at the altar and there remember that your brother or sister has something against you, leave your gift there in front of the altar. First go and be reconciled to them, then come and offer your gift."

Matthew 6:14-15 "For if you forgive other people when they sin against you, your Heavenly Father will also forgive you. But if you do not forgive others their sins, your father will not forgive your sins."

Matthew 18:21-22 "Then Peter came to Jesus and asked, 'Lord, how many times shall I forgive my brother or sister who sins against me? Up to seven times?' Jesus answered, 'I tell you, not seven times, but seventy times seven times.'"

Mark 11:25 "And when you stand praying, if you hold anything against anyone, forgive them so that your Father in heaven may forgive you your sins."

Luke 6:37 "Do not judge, and you will not be judged. Do not condemn and you will not be condemned. Forgive, and you will be forgiven."

Ephesians 4:32 "Be kind and compassionate to one another, forgiving each other, just as in Christ, God forgave you."

Colossians 3:13 "Bear with each other and forgive one another. If any of you has a grievance against someone. Forgive as the Lord forgave you."

What Does Love Look Like?

1 Corinthians 13:4-8 "Love is patient. Love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others. It is not self-seeking; it is not easily angered. It keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. Love never fails."

Philippians 2:3 "Do nothing out of selfish ambition or vain conceit. Rather, in humility, value others above yourselves,"

Romans 13:9-10 "The commandments 'You shall not commit adultery, you shall not murder, you shall not steal, you shall not covet,' and whatever other command there may be summed up in one command, 'love your neighbor as yourself.' Love does no harm to a neighbor. Therefore, love is the fulfillment of the law."

Romans 12:10 "Be devoted to one another in love. Honor one another above yourselves."

1 Corinthians 16:14 "Do everything in love."

Jesus's last Supper with His Disciples

Luke 22:15-20 "Then he said to them with fervent desire I have desired to eat this Passover with you before I suffer; for I say to you, 'I will no longer eat of it until it is fulfilled in the Kingdom of God.' And then he took the cup and said, take this, and divide it among yourselves. For I say to you, 'I will not drink of the fruit of the vine until the Kingdom of God comes.' And he took bread, gave thanks, and broke it, and gave it to them, saying, 'This is my body given to 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.'"

Also recorded in Mark 14:22-25, Luke 22:19-20, 1 Corinthians 11:23-25, John 6:53-58

His Death

Read the account in Matthew 27:27-44, Mark 15:16-32, Luke 23:26-43, John 19:16-27

1 Corinthians 11:26 "As often as you eat this bread and drink this cup, you proclaim the Lord's death until he comes." We remember His death and proclaim what He accomplished when we take communion.

What did the Lord Accomplish Through His Crucifixion and Death

He was tortured and beaten: *2 Corinthians 5:21 "For he made him who knew no sin to be sin for us, that we might become the righteousness of God in him."*

He was whipped across His back: *Isaiah 53:5 "And by his stripes we are healed."*

He wore a crown of thorns: *Mark 15:17 "The soldiers twisted a crown of thorns and set it on Him." The thorns (Genesis 3:18) represented the curse on the earth. Here he took the curse on our minds.*

He was nailed to a cross: *Galatians 3:13 "Christ hath redeemed us from the curse of the law, being made a curse for us: for it is written, cursed is everyone that hanged on a tree." John 19:34 "His side was pierced. This was to insure He was dead, "Blood and water came out." Blood bought forgiveness of our sins. 1 John 1:7 "...the blood of Jesus, his son, purifies us from all sin." Isaiah 53:5 "He was pierced for our transgressions."*

He gave up His Spirit, died and was buried: *His death destroyed the power of sin and death. John 10:18 Jesus said, "No one can take my life from me, I sacrifice it voluntarily, for I have the authority to lay it down when I want to and also to take it up again."*

He was resurrected on the third day: *1 Peter 1:3 "According to His great mercy, He has caused us to be born again to a living hope through the resurrection of Jesus Christ from the dead."*

Taking The Lord's Supper (Communion)

Before taking communion however, Paul says in *1 Corinthians 11:28 "But a man must examine himself, and so let himself eat of that bread and drink of that cup."* Ask yourself and the Holy Spirit: are you living your life the way God wants you to? Is there anything you need to ask forgiveness for? Are you treating other people the way we have seen we should? Pray about whatever God shows you and whatever you see in yourself. Then you can take communion as part of your devotional time with God, it does not have to be in a group or given to you by a pastor. You can do it daily or more to remind yourself of what Jesus has done for you and to show your gratitude to Him. Many have experienced the ministry of the Holy Spirit for healing during that time. Use bread or a cracker and wine or grape juice. This is the scripture we often read when taking communion. *Matthew 26:26-28 "While they were eating, Jesus took bread, and when he had given thanks, he broke it and gave it to his disciples, saying 'Take and eat, this is my body.' Then he took a cup, and when he had given thanks, he said to them, saying, 'Drink from it, all of you. This is my blood of the covenant which is poured out for many for the forgiveness of sins.'"*

When you take communion in a group examine yourself as you did when you took communion alone. And recognize that those you are with and you yourself are the body of Christ. The Bible challenges us in *1 Corinthians 11:29 "For anyone who eats and drinks without discerning the body eats and drinks judgment on himself. 1 Corinthians 10:16-17 "The cup of blessing which we bless, is it not the communion of the blood of Christ? The bread which we break, is it not the communion of the body of Christ? For we who though many, are one bread and one body, for we all partake of that one bread."* Communion is a time to remember, to celebrate what He has done for us, to examine ourselves and to recognize our unity as the Body of Christ.

Action Steps

- Celebrate communion during the week on your own or with others. Share your experience next week.

- Ask God if there is a relationship He needs to restore in your life. If there is, pray for restoration and take steps to change the relationship as God directs you. Talk about the experience next week.