

Remember Jesus at the table

Luke 22:14-20

1 Eat

Read the passage slowly, read it again, then retell it in your own words. If you can't retell it, read it once more.

☐ Read ☐ Reread ☐ Retell

2 Digest

Answer from what the passage actually says — stay in the text.

1. What does this passage show me about God?

What does Jesus say the bread and the cup are?

Why does he tell them to keep doing this?

2. What does it show me about people — and about myself?

What does it mean to you that it was given 'for you'?

3. What will I obey this week? (a concrete step, with a day)

How will you remember Jesus' sacrifice this week?

4. Who will I tell?

3 Grow

Growth is God's part, not yours. Do the cycle faithfully and trust Him to give the growth (1 Corinthians 3:6–7).

✦ Pray

Lord, thank you for giving your body and blood for me. Help me never take your sacrifice for granted.
