

# **THE COMMUNION REVOLUTION**

SMALL GROUP STUDY GUIDE

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# CONTENTS

1. The Communion Revolution	1
Small Group Study Guide	
2. Week 1	3
The Table Is Set	
3. Week 2	7
Breakfast with Peter	
4. Week 3	11
The Wedding at Cana	
5. Week 4	15
Martha and Mary	
6. Week 5	18
Feeding the Five Thousand	
7. Week 6	21
Simon the Pharisee	
8. Week 7	24
Levi, the Tax Collector	
9. Week 8	27
Zacchaeus	
10. Week 9	30
Greedy Pharisees	

11. Week 10	33
Judas Isacariot	
12. Week 11	36
The Road to Emmaus	
13. Week 12	39
Come to the Table	
14. Conclusion	43
Join The Communion Revolution	

# 1

## THE COMMUNION REVOLUTION

### SMALL GROUP STUDY GUIDE

This companion resource is designed to help you and your group go deeper into the vision of Jesus' table—where faith, community, and mission come together.

Over the next 12 weeks, you'll explore the stories of Christ's dinners, reflect on His way of life, and begin to practice a table-centered spirituality together. Whether you're hosting an agape feast at your kitchen table, gathering for a book study in your living room, or meeting in a church basement, this guide is meant to be flexible and full of grace.

Each session is built around three layers:

#### **Core for the Facilitator**

- A theme, Scripture passage, and one-minute recap
- Facilitation tips and discussion questions
- A suggested practice for the week

#### **Core for the Participants**

- Weekly journal prompts

- A Lectio Divina prayer exercise
- A quote from church history or Scripture

## **Optional for the Group**

- Meal ideas and hospitality tips
- A table liturgy with prayers of blessing
- A Spotify playlist to create a welcoming atmosphere

You can go deep or keep it simple. You can gather over a potluck, a cup of tea, or a loaf of bread and a shared prayer.

The point isn't to get everything "right"—the point is to gather, listen to the Word of God, and let Jesus reshape your life through His table.

## 2

### WEEK 1

#### THE TABLE IS SET

**Reading:** *Introduction + Part 1 of The Communion Revolution*

**Theme:** *Rediscovering the Kingdom Through Faith, Community, and the Table*

**Scripture:** Acts 2:42–47; Luke 22:14–20

#### FOR THE FACILITATOR

**Note on This Week's Reading:**

This first week covers a large portion of the book—both the Introduction and Part 1 (three chapters total). This is a lot more than future weeks, so let everyone know not to worry if they didn't finish every page.

**\*\***You don't have to stuff all of Part 1 in a single week. This is suggested only to fit this study guide into a 12 week schedule. If you have more time, you can stretch it out by doing 1 chapter per week.

Encourage everyone to show up. The real invitation is to begin together, listen to one another, and start practicing life around the table.

**One-Minute Recap:**

Jesus didn't just teach about the Kingdom—He revealed it through the way He lived, especially at the table. The early church took this seriously, making meals and fellowship the center of their spiritual life.

*The Communion Revolution* invites us back to that table, where faith becomes embodied, community becomes real, and love is shared by breaking bread.

### **Facilitator Tips:**

Set the tone this week with warmth and welcome—create space for people to share openly. Some of the ideas in Part 1 might be new to people. Let them wrestle with it honestly.

Ask someone ahead of time to bring a simple snack or bread and juice for the group.

Emphasize that this journey isn't about perfection—it's about presence and participation.

### **Discussion Questions:**

1. What surprised or moved you most in the Introduction or Part 1?
2. Why do you think meals played such a central role in Jesus' ministry?
3. How is this vision of the church different from your past experience?
4. What do you hope for during these 12 weeks together?

### **Optional Practice for the Week:**

Share a meal this week with intentionality. Invite someone over, or share a table with someone you wouldn't normally eat with. Pay attention to what God might be doing in that space.



## FOR THE PARTICIPANTS: TO DO THROUGHOUT THE WEEK

### Journal Prompts:

- What draws you to the vision of *The Communion Revolution*?
- Where in your life do you feel hunger for deeper connection—with God or others?

### Lectio Divina Prompt – *Luke 22:7-20*

1. **Read:** Slowly read the passage. What word or phrase stands out to you?
2. **Reflect:** How does this picture of Communion challenge or inspire you?
3. **Respond:** What is God inviting you to begin, share, or reimagine?

### Quote from History:

“The times are bad! The times are troublesome! This is what people say. But let us live well, and the times shall be good. We are the times: such as we are, such are the times.”

— *St. Augustine, Sermon 30*

## OPTIONAL FOR GROUP

### Communal Meal Planning Tip:

Start simple. Even if it’s just bread and grapes or tea and cookies, begin the practice of eating together. Hospitality grows over time—don’t overthink it in Week 1.

**Spotify Playlist (Optional Ambiance):**

Look for a playlist with quiet, acoustic worship or instrumental background music.

Try: “*We Are Bread & Wine*” (my friend’s group, based in Portland) or “*Communion*” by Brooke Ligertwood on Spotify or Apple Music.

**Liturgy for the Table:**

Before you eat, say grace. Here is a Prayer of Blessing:

*“Bless, O Lord, this food to our use and consecrate us to thy service, and make us ever mindful of the needs of others, through Christ our Lord. As we eat, let us remember the hungry. Stir our hearts to generosity. Let no one go unseen or unfed. Amen.”*

# 3

## WEEK 2

### BREAKFAST WITH PETER

**Reading:** *Breakfast with Peter: Becoming Joyfully Poor in Spirit*

**Theme:** *Jesus Meets Us in Our Shame and Feeds Us with His Grace*

**Scripture:** John 21:1–19

### FOR THE FACILITATOR

#### **One-Minute Recap:**

After Peter denies Jesus three times, he returns to fishing. Jesus meets him on the beach, cooks breakfast, and restores him—not with a lecture, but with three simple questions: “Do you love me?”

This moment reminds us that failure doesn’t disqualify us from the Kingdom, but actually prepares us to become ‘fishers of men.’ Jesus invites us to His table, not because of our good works, but because of His great mercy.

#### **Facilitator Tips:**

Expect this week to stir vulnerability. Some in your group may feel unworthy of God’s love, just like Peter did. Set a tone of grace and gentleness. You don’t have to fix anyone—just listen well.

If you can, prepare a simple breakfast item (like muffins and coffee) as a gesture of hospitality.

### **Discussion Questions:**

1. Why do you think Peter went back to fishing? Have you ever done that?
2. What does it say about Jesus that He cooks Peter breakfast?
3. How have you experienced God's grace after failure?
4. What does it mean to become '*joyfully poor in spirit*'? Can you think of a time when that felt real in your life?
5. What might Jesus be saying to you right now: "Do you love me?"

### **Practice for the Week:**

Reflect on a moment of shame, and invite Jesus into it in prayer. Then, do something kind for someone else—not to earn love, but to pass on the grace you've received.

## **FOR THE PARTICIPANTS: TO DO THROUGHOUT THE WEEK**

### **Journal Prompts:**

- What's one moment in your life where you felt like Peter—disappointed in yourself?
- How does it feel to imagine Jesus meeting you there, cooking breakfast for you?

### **Lectio Divina Prompt – *John 21:9–17***

1. **Read:** What word or image catches your attention?
2. **Reflect:** Where do you see yourself in the story?
3. **Respond:** What do you sense Jesus saying to you today?

**Quote from History:**

“If you love me, feed my sheep: that is to say, give proof of your love for me by working for the salvation of my sheep.”

— St. Gregory the Great, Homily 25 on the Gospels

## OPTIONAL FOR GROUP

**Communal Meal Planning Tip:**

Serve something warm and simple. Ask people to bring something—it helps share the load and invites participation. Try making a simple group text or sign-up list with 4 categories:

- **Main** (protein or hearty dish)
- **Side** (fruit, bread, or salad)
- **Drink** and
- **Dessert**

**Tip:** Create a shared Google sheet, and let people choose what they’d like to bring. Remind them it’s not about perfection, but relationships.

**Liturgy for the Table:**

Prayer of Blessing

*Bless, O Lord, this food to our use and consecrate us to thy service, and make us ever mindful of the needs of others, through Christ our Lord. Amen.*

## 4

### WEEK 3

#### THE WEDDING AT CANA

**Reading:** *The Wedding at Cana: God's Abundance at the Table*

**Theme:** *Revival Begins at the Table—Transforming Us from Within*

**Scripture:** John 2:1–11

#### FOR THE FACILITATOR

##### **One-Minute Recap:**

Jesus' first miracle wasn't dramatic—it was hidden in hospitality. He didn't call down fire from heaven; He refilled the wine at a wedding.

The glory of God was revealed quietly—in joy, celebration, and obedience. Maybe revival doesn't begin in stadiums or stages, but in homes, with ordinary people who love one another. It starts when we “do whatever He tells us” and keep the wine flowing.

##### **Facilitator Tips:**

This is a great week to embrace joy and abundance—encourage people to notice how Jesus meets us not just in need, but in celebration.

The theme of hidden glory may resonate with those who wonder where God is working in our world.

Invite someone to read the passage with drama or warmth—help people imagine being at the wedding.

### **Discussion Questions:**

1. What does choosing this moment—saving a wedding—to be His first miracle tell us about Jesus' character?
2. What do you notice about Mary's words: "Do whatever He tells you"?
3. Have you ever seen God's presence hidden in something ordinary or joyful?
4. What would it look like for your spiritual life to include more celebration?
5. What comes to mind when you hear the word *revival*? How might it begin—not through noise or crowds—but through loving one another?

### **Practice for the Week:**

Host someone this week with love and intention. It doesn't have to be fancy—just make space. Set the table, pour something to drink, and ask God to fill the room with joy. Pay attention to how simple hospitality can awaken something sacred. This is how revival begins.

## **FOR THE PARTICIPANTS: TO DO THROUGHOUT THE WEEK**

### **Journal Prompts:**



- Where do you feel joy in your life right now? Where do you need more of it?
- What does it mean to “do whatever He tells you” in your current season?

### **Lectio Divina Prompt – *John 2:1–11***

1. **Read:** What word or image stands out to you?
2. **Reflect:** How would you feel if you were a guest at this wedding?
3. **Respond:** What is Jesus quietly doing in your life that you might be missing?

### **Quote from History:**

“There is no good trying to be more spiritual than God. God never meant man to be a purely spiritual creature... He likes matter. He invented it.”

— C.S. Lewis, *Mere Christianity*

## **OPTIONAL FOR GROUP**

### **Communal Meal Planning Tip:**

This is a great week for a more festive meal. Ask people to bring something they love—food that says *celebration* to them.

**Tip:** Create a shared Google sheet or message thread for signups. Encourage colorful dishes, sparkling drinks, and maybe even a dessert or two.

### **Liturgy for the Table:**

Prayer of Blessing

*Bless, O Lord, this food to our use and consecrate us to thy service, and make us ever mindful of the needs of others, through Christ our Lord. Amen.*

# 5

## WEEK 4

### MARTHA AND MARY

**Reading:** *Martha & Mary: Listening at Jesus' Feet*

**Theme:** *Hospitality Begins with Listening*

**Scripture:** Luke 10:38–42

## FOR THE FACILITATOR

### One-Minute Recap:

Martha opens her home to Jesus, but anxiety distracts her from His presence. Mary sits and listens. Jesus gently tells Martha that she is “anxious and troubled about many things,” but only one thing is necessary.

In this moment, Jesus redefines hospitality—not as performance, but as presence. The truest host is the one who creates a *‘listened-to space.’*

### Facilitator Tips:

This week may hit close to home—many people carry anxiety, even (especially) in spiritual settings. Be gentle and honest.

Consider starting the gathering with a few minutes of silent prayer before launching in.

**Discussion Questions:**

1. What do you think Martha was hoping Jesus would say when she complained?
2. How does anxiety or busyness affect your ability to be present—with God or with others?
3. Mary doesn't speak—she listens. How does that challenge your view of hospitality?
4. What does it mean to create a '*listened-to space*' for others? Have you ever experienced that?

**Practice for the Week:**

This week, choose to be a listener. In one conversation, resist the urge to fix, teach, or compare. Just listen with love. Pay attention to how that changes the space between you and the other person.

**FOR THE PARTICIPANTS: TO DO THROUGHOUT THE WEEK****Journal Prompts:**

- When do you feel most anxious or hurried? What effect does that have on your relationships?
- Have you ever felt truly listened to? What did that feel like?

**Lectio Divina Prompt – *Luke 10:38–42***

1. **Read:** What word or phrase grabs your attention?
2. **Reflect:** Where do you see yourself in this story—Martha? Mary? Someone else?

3. **Respond:** What is Jesus inviting you to let go of so you can truly listen?

**Quote from History:**

“Let your door stand open to receive Him, unlock your soul to Him... offer Him a seat in your mind, and let your thoughts be at peace before Him.” — *St. Ambrose (4th century)*

**OPTIONAL FOR GROUP**

**Communal Meal Planning Tip:**

Keep the meal simple and stress-free this week—maybe soup, bread, or something that simmers quietly in the background.

**Tip:** Consider asking people to bring comfort-food or something that helps them relax and enjoy the moment.

**Liturgy for the Table:**

Prayer of Blessing

*Bless, O Lord, this food to our use and consecrate us to thy service, and make us ever mindful of the needs of others, through Christ our Lord. Amen.*

# 6

## WEEK 5

### FEEDING THE FIVE THOUSAND

**Reading:** *Feeding the Five Thousand: God's Provision Multiplied*

**Theme:** *Faith and Community Help Us Find Meaning*

**Scripture:** John 6:1–13

### FOR THE FACILITATOR

#### **One-Minute Recap:**

A massive crowd gathers. The disciples panic. The need is overwhelming, and their resources are laughably small—just five loaves and two fish. But Jesus takes the offering, gives thanks, and invites the disciples to participate in the miracle.

In this moment, faith becomes a bridge across scarcity, and community becomes the way the Kingdom moves. What matters isn't how much we have—it's whether we offer it to Jesus.

#### **Facilitator Tips:**

Create space this week for people to name where they feel overwhelmed or inadequate—this is where the story meets them. Emphasize that the miracle begins with something *small* and *shared*.

If your group feels tired or discouraged, this week your community can renew their hope.

**Discussion Questions:**

1. What do you think the disciples were feeling as they looked at the crowd?
2. Why do you think Jesus chooses to involve them in feeding the people?
3. What do you make of the boy's simple offering?
4. Where in your life do you feel like your "loaves and fish" aren't enough?
5. How have you experienced community as a bridge of meaning in times of uncertainty?

**Practice for the Week:**

This week, offer something small—your time, attention, or resources—and do it in community. Trust that God can multiply what feels insignificant when it's given in love.

**FOR THE PARTICIPANTS: TO DO THROUGHOUT THE WEEK****Journal Prompts:**

- What part of this story feels closest to your life right now?
- Where is God asking you to trust, even when the math doesn't add up?

**Lectio Divina Prompt — *John 6:1–13***

1. **Read:** What word or detail stands out?
2. **Reflect:** Who are you in the story—the disciple, the crowd, the boy?

3. **Respond:** What might Jesus be asking you to offer?

**Quote from History:**

“You are not called to feed the whole world, but to offer what you have—and to let God do the rest.” — *Dorothy Day*

**OPTIONAL FOR GROUP**

**Communal Meal Planning Tip:**

Make this week’s meal a true potluck. Ask each person to bring what they can.

**Liturgy for the Table:**

Prayer of Blessing

*Bless, O Lord, this food to our use and consecrate us to thy service, and make us ever mindful of the needs of others, through Christ our Lord. Amen.*



# 7

## WEEK 6

### SIMON THE PHARISEE

**Reading:** *Simon the Pharisee: Grace That Breaks Through Judgment*

**Theme:** *Repentance Is What Makes Room for Love*

**Scripture:** Luke 7:36–50

### FOR THE FACILITATOR

#### **One-Minute Recap:**

Jesus is invited to dinner by Simon the Pharisee, who offers Him a seat—but not real welcome. Then a woman crashes the meal, weeping, kissing Jesus' feet, and pouring perfume. Simon judges her. But Jesus defends her, revealing that those who know they've been forgiven, love deeply.

Repentance melts the cold heart. And only a heart broken open by grace can truly love, welcome, and host.

#### **Facilitator Tips:**

This week may stir discomfort—let it. It's a powerful invitation to personal honesty and community healing. Encourage reflection, not self-condemnation. Repentance is not about shame—it's about returning to love.

Assign the reading to various people, giving each a different character to voice. Read the story slowly to let the drama unfold in real time.

**Discussion Questions:**

1. What does ‘repentance’ mean to you?
2. Why do you think Jesus was so moved by her act of love?
3. Where do you recognize Simon’s mindset in yourself—judgment, comparison, withholding love?
4. How does repentance actually change our ability to love others?
5. What would it look like to host others with a heart that knows it’s been forgiven?

**Practice for the Week:**

Pray honestly this week: “*Lord, show me where I’ve grown cold.*” Then, choose one act of radical hospitality—big or small—that flows from love, not obligation.

**FOR THE PARTICIPANTS: DO THROUGHOUT THE WEEK****Journal Prompts:**

- Where in your life have you tried to “host” Jesus without truly surrendering to Him?
- What would it feel like to come to Him like the woman in this story—undone, but unafraid?

**Lectio Divina Prompt – *Luke 7:36–50***

1. **Read:** What word or phrase pierces your heart?
2. **Reflect:** Are you more like Simon or the woman right now? Why?
3. **Respond:** What is Jesus inviting you to see, confess, or change?

**Quote from History:**

“He who has learned to accuse himself will have no place for accusing others.”  
— *St. John Chrysostom*

**Communal Meal Planning Tip:**

Create space for tenderness—something warm, soft, and nourishing.

**Tip:** Consider inviting someone to share a brief story of how they’ve experienced unexpected grace.

**Liturgy for the Table:**

Prayer of Blessing

*Bless, O Lord, this food to our use and consecrate us to thy service, and make us ever mindful of the needs of others, through Christ our Lord. Amen.*

# 8

## WEEK 7

### LEVI, THE TAX COLLECTOR

**Reading:** *Levi, the Tax Collector: Driving Out the Serpent of Accusation*

**Theme:** *Christ Comes as Our Advocate, Not an Accuser*

**Scripture:** Luke 5:27–32

### FOR THE FACILITATOR

#### **One-Minute Recap:**

Levi was a tax collector: despised, distrusted, written off by everyone in town. But Jesus doesn't accuse him—He calls him to be a disciple. And Levi responds by throwing a feast. The Pharisees grumble, because the table is full of “sinners.” But Jesus came for the sick, not the healthy.

Grace begins when we realize we've been seen, called, and welcomed, before we've done anything to deserve it.

#### **Facilitator Tips:**

This story hits the nerve of how we see others—and ourselves. Create a space where people can wrestle honestly with both.

If your group includes people who've been judged or excluded by church culture, this story may be especially healing. Encourage people to share a story, if they're willing.

### **Discussion Questions:**

1. What do you think Levi felt when Jesus said, "Follow me"?
2. Why do you think the Pharisees were so offended by Levi's feast?
3. In your life, where do you hear the voice of accusation?
4. What does it mean to follow Jesus as an *advocate*—for yourself, and for others?
5. Who in your life might be waiting for an invitation to the table?

### **Practice for the Week:**

This week, advocate for someone. Speak up, reach out, or simply invite someone to be seen, known, and welcomed. It could be as simple as a text, a seat at your table, or a word of encouragement.

## **FOR THE PARTICIPANTS: TO DO THROUGHOUT THE WEEK**

### **Journal Prompts:**

- Where have you felt the sting of accusation in your life?
- What changes when you imagine Jesus not accusing you—but advocating for you?

### **Lectio Divina Prompt – *Luke 5:27–32***

1. **Read:** What word or phrase feels personal?

2. **Reflect:** Are you standing with Levi? The crowd? The Pharisees?

3. **Respond:** What is Jesus inviting you to do or say this week?

**Quote from History:**

“God does not see as man sees. Man looks at the outward appearance, but the Lord looks at the heart.”

— 1 Samuel 16:7

## OPTIONAL FOR GROUP

**Communal Meal Planning Tip:**

Think “come as you are.” Ask each person to bring something simple—no performance, just presence.

**Tip:** Invite someone new this week—someone who might not expect to be included.

**Liturgy for the Table:**

Prayer of Blessing

*Bless, O Lord, this food to our use and consecrate us to thy service, and make us ever mindful of the needs of others, through Christ our Lord. Amen.*

# 9

## WEEK 8

### ZACCHAEUS

**Reading:** *Zacchaeus: Keeping Your Eyes on His Glory*

**Theme:** *Hospitality Begins with How We See People*

**Scripture:** Luke 19:1–10

### FOR THE FACILITATOR

#### **One-Minute Recap:**

Zacchaeus was a corrupt tax collector—hated, wealthy, and isolated. But Jesus sees him—not with disgust, but with delight. He calls him by name and invites Himself to Zacchaeus’ home. That simple act of hospitality changes everything. Zacchaeus responds with radical generosity and public repentance.

The turning point? Jesus saw him not as a villain, but as someone made in God’s image—with potential to be made into a saint.

#### **Facilitator Tips:**

This week is about vision—how we *see* people, especially those we tend to write off. Introduce the “bee and the fly” metaphor. It’s memorable and transformative.

This story may spark strong emotions—some will relate to Zacchaeus, others to the grumbling crowd. Create space for both.

Invite people to imagine Jesus having dinner with the worst type of person they can think of in today's society.

### **Discussion Questions:**

1. Why do you think Zacchaeus climbed the tree? What was he hoping for?
2. What does Jesus' invitation say about how He sees Zacchaeus?
3. How does the “bee vs. fly” metaphor speak to the way you see others—or yourself?
4. Can you remember a time when someone truly *saw* you—your worth, your potential? What did that do in you?
5. How does this story help you understand what *salvation* really means—not just a moment of forgiveness, but a life being redeemed and transformed?

## **FOR THE PARTICIPANTS: DO THROUGHOUT THE WEEK**

### **Journal Prompts:**

- Where in your life do you feel misunderstood or unseen? How does Jesus see you differently?
- Who is someone you've written off that Jesus might be calling you to see with fresh eyes?

### **Lectio Divina Prompt – *Luke 19:1–10***



1. **Read:** What word or phrase stands out?
2. **Reflect:** Where are you in the story—the crowd, the tree, the table?
3. **Respond:** What is Jesus saying to you about how you see others?

**Quote from History:**

“The glory of God is a human being fully alive.”

— St. Irenaeus, *Against Heresies*, Book 4

## OPTIONAL FOR GROUP

**Communal Meal Planning Tip:**

Serve something bright or sweet this week—fruit, honey, or a favorite childhood dish. Let the meal reflect the joy of being seen and welcomed.

**Liturgy for the Table:**

Prayer of Blessing

*Bless, O Lord, this food to our use and consecrate us to thy service, and make us ever mindful of the needs of others, through Christ our Lord. Amen.*

# 10

## WEEK 9

### GREEDY PHARISEES

**Reading:** *Greedy Pharisees: Overcoming Greed and Self-Righteousness*

**Theme:** *Real Holiness Looks Like Generosity to the Poor*

**Scripture:** Luke 11:37–52

### FOR THE FACILITATOR

#### **One-Minute Recap:**

Jesus is invited to dinner by a Pharisee, but instead of offering compliments, He exposes what’s really going on: the outside looks clean, but the inside is full of greed. His challenge is sharp and unforgettable: “Be generous to the poor, and everything will be clean for you.”

Righteousness isn’t about more rule-following—it’s generosity. To truly be clean is to let go of control and open your life to the poor.

#### **Facilitator Tips:**

This week may surface discomfort—money is personal. Create a non-judgmental space where people can reflect honestly.

If someone brings up guilt or shame, redirect toward hope: Jesus offers a *way out* of greed through grace-fueled generosity.

Consider ending the session with a prayer for open hands and open hearts.

### **Discussion Questions:**

1. Why do you think Jesus was so confrontational at this meal?
2. What does it mean to “wash the inside of the cup”?
3. In what ways does greed subtly shape our lives, even when we’re trying to be spiritual?
4. How does Ebenezer Scrooge’s transformation help us imagine our own journey from grasping to giving?
5. What would it look like for your life and community to be marked by joyful generosity?

### **Practice for the Week:**

Give something away this week—not out of guilt, but out of freedom. It could be money, time, attention, or possessions. “For God loves a person who gives cheerfully.”

## **FOR THE PARTICIPANTS: DO THROUGHOUT THE WEEK**

### **Journal Prompts:**

- What does “washing the inside of the cup” look like in your life right now?
- Where do you feel the tug of greed—or the fear of not having enough?

**Lectio Divina Prompt – *Luke 11:37–41***

1. **Read:** What word or phrase stings—or heals?
2. **Reflect:** What’s inside your cup right now? What might Jesus want to cleanse through generosity?
3. **Respond:** What are you being invited to give away, share, or open up?

**Quote from History:**

“The bread in your cupboard belongs to the hungry; the coat in your closet belongs to the naked.” — *St. Basil the Great*

**OPTIONAL FOR GROUP****Communal Meal Planning Tip:**

Serve something simple and affordable this week—then talk together about how you might share abundance with someone else.

**Tip:** Consider pooling a small donation from your group to bless a local need—no pressure, just possibility.

**Liturgy for the Table:**

Prayer of Blessing

*Bless, O Lord, this food to our use and consecrate us to thy service, and make us ever mindful of the needs of others, through Christ our Lord. Amen.*

# 11

## WEEK 10

### JUDAS ISACARIOT

**Reading:** *Judas Iscariot: Saving the World Through Forgiveness*

**Theme:** *Rejecting Idolatry, Embracing the Cross*

**Scripture:** John 12:1–8 (see also Matthew 26:6–16 and Mark 14:1–11)

### FOR THE FACILITATOR

#### **One-Minute Recap:**

At a dinner in the home of Simon the Leper, Mary of Bethany anoints Jesus with costly perfume, but Judas objects.

This moment reveals a deep divide: Mary embraces the Cross. Judas rejects it. Her worship flows from repentance and love. His betrayal flows from idolatry—his trust in something other than Jesus. One act leads to communion. The other, to destruction.

This story invites us to ask: What do we really worship? And will we follow Jesus to the Cross?

#### **Facilitator Tips:**

This is a sobering, holy week. Encourage the group to slow down. Make space for repentance or quiet reflection. Consider lighting a candle or playing soft instrumental music before or after discussion.

### **Discussion Questions:**

1. Why do you think Judas objected to the anointing? What was going on in his heart?
2. What do you think Mary understood about Jesus that others didn't?
3. How does idolatry still pull at our hearts today—especially in the form of control, wealth, or success?
4. What does it mean to embrace the Cross—not just as a symbol, but as a way of life?
5. How does Mary's act point toward the healing of the world and the restoration of true community?

### **Practice for the Week:**

Ask God to reveal one idol you're still clinging to—something you've trusted more than Jesus. Confess it. Then take one small action that reflects your desire to follow Jesus more fully, even if it costs you something.

## **FOR THE PARTICIPANTS: DO THROUGHOUT THE WEEK**

### **Journal Prompts:**

- What do you think you would have done at that dinner—objected, stayed silent, or knelt beside Mary?
- What is one area of your life where Jesus is inviting you to follow Him more deeply into the way of the Cross?

**Lectio Divina Prompt – *Mark 14:1–11***

1. **Read:** What word or moment stands out to you?
2. **Reflect:** How do you respond to the contrast between Mary and Judas?
3. **Respond:** What would it look like for you to “do a beautiful thing” for Jesus this week?

**Quote from History:**

“If you desire to suffer nothing, how will you be the friend of Christ?” — *St. Thomas à Kempis*

**OPTIONAL FOR GROUP****Communal Meal Planning Tip:**

Serve something fragrant—perhaps a dish with spices or fresh herbs—to honor the moment of anointing.

**Tip:** Consider sharing stories of people in your lives who have loved Jesus in costly, beautiful ways.

**Liturgy for the Table:**

Prayer of Blessing

*Bless, O Lord, this food to our use and consecrate us to thy service, and make us ever mindful of the needs of others, through Christ our Lord. Amen.*

# 12

## WEEK 11

### THE ROAD TO EMMAUS

**Reading:** *The Road to Emmaus: Finding Hope in Seasons of Disillusionment*

**Theme:** *From Disillusionment to Hope*

**Scripture:** Luke 24:13–35

### FOR THE FACILITATOR

#### **One-Minute Recap:**

Two disciples walk the road to Emmaus, disillusioned and grieving. They had hoped Jesus would redeem Israel, but all they can see now is loss. Then Jesus joins them, though they don't recognize Him. He listens to their sorrow, opens the Scriptures, and finally reveals Himself in the breaking of bread—giving us three sacred gifts to heal our disillusionment:

1. **Lamentation** – the freedom to grieve honestly
2. **Scripture** – a way to reframe our story in God's story
3. **Communion** – presence, shared bread, and restored hope

This is the path from disillusionment back to hope—and back to mission.

#### **Facilitator Tips:**



This is a gentle, reflective week. Slow the pace and allow silence. Ask open-ended questions that let people name where they feel tired, discouraged, or confused in their own walk.

If appropriate, consider ending with Communion or a prayerful moment of blessing over bread.

**Discussion Questions:**

1. What do you think the disciples were feeling on the road? Have you ever felt like that?
2. Why do you think Jesus didn't reveal Himself right away?
3. How do lament, Scripture, and Communion each help restore your hope?
4. When have you experienced a moment of "burning heart"—when something suddenly made sense or felt alive again?
5. What part of your story might Jesus be reframing right now?

**Practice for the Week:**

Go for a walk this week—alone or with a friend. Invite Jesus into whatever disillusionment or questions you're carrying. Then make time to sit down with Scripture, and share a meal with someone in His name.

**FOR THE PARTICIPANTS: DO THROUGHOUT THE WEEK****Journal Prompts:**

- What unspoken grief or disappointment have you been carrying lately?

- How does the idea of Jesus walking with you in silence change how you think about that pain?

### **Lectio Divina Prompt – *Luke 24:13–35***

1. **Read:** What word or moment draws you in?
2. **Reflect:** Where are you in the story—on the road, at the table, in the in-between?
3. **Respond:** What is Jesus doing in your heart as you walk with Him?

### **Quote from History:**

“Christ is walking with us, and we do not know it. We are His inn, and we do not recognize Him.” — *St. Augustine, Sermon 235*

## **OPTIONAL FOR GROUP**

### **Communal Meal Planning Tip:**

Serve something simple and filling, like bread, soup, or stew.

**Tip:** Consider leaving an empty chair at the table to remind yourselves that Christ is present when we break bread in His name.

### **Liturgy for the Table:**

Prayer of Blessing

*Bless, O Lord, this food to our use and consecrate us to thy service, and make us ever mindful of the needs of others, through Christ our Lord. Amen.*

# 13

## WEEK 12

### COME TO THE TABLE

**Reading:** *Recap & Reflection (Optional: Read Part 3 – Alex’s Story)*

**Theme:** *This Small Group Is Just the Beginning—Join the Movement*

**Scripture:** Acts 2:46–47; John 13:34–35

## FOR THE FACILITATOR

### One-Minute Recap:

Over the last 11 weeks, our group has walked with Jesus—through dinners, doubts, miracles, failures, tears, and hope. We’ve wrestled with greed and grace, seen the power of hospitality, and opened your table to something bigger than yourselves.

Now, in this final session, it’s time to reflect:

- What has changed for you by going on this journey?
- What do you carry forward now?
- What does it look like to keep the table open?

**\*\*If you want a glimpse of what this looks like in real life, read Part 3 of the book: the story of Alex and his agape feast friends.**

**Facilitator Tips:**

Keep it open and celebratory. Consider hosting a special meal or extended agape feast this week.

If possible, print a summary sheet of the 11 themes as a handout for the group. Ask a few people ahead of time if they'd be willing to share what this journey has meant to them.

**Discussion Questions:**

1. What week or story impacted you the most? Why?
2. How has your understanding of hospitality, community, or the Kingdom of God changed?
3. What practices or habits from this group do you want to continue in your everyday life?
4. How have you seen God at work in this group, or around your table?
5. If someone asked you, "What is *The Communion Revolution*?"—how would you describe it?

**Optional Practice for the Week:**

Host one more meal—but this time, invite someone new. Let it be a seed for what comes next.

**FOR THE PARTICIPANTS: DO THROUGHOUT THE WEEK****Journal Prompts:**

- What is one thing God has stirred in me during these 12 weeks?

- Where am I being invited to “set the table” next—spiritually or literally?

**Lectio Divina Prompt – Acts 2:42–47**

1. **Read:** What word or phrase stands out in this vision of the early church?
2. **Reflect:** Where does your life reflect this vision already? Where does it still long to?
3. **Respond:** What’s one step you can take to help your table become more like this?

**Quote from History:**

“Recognize in the bread what hung on the cross, and in the cup what flowed from His side... and be what you receive.”

— St. Augustine, Sermon 272

**OPTIONAL FOR GROUP****Communal Meal Planning Tip:**

Make this final gathering a celebration. Cook together, linger longer, toast to what’s next.

**Tip:** Invite everyone to bring a dish that represents something they’ve learned or want to carry forward.

**Liturgy for the Table:**

Prayer of Blessing

*Bless, O Lord, this table and all who gather around it. Thank You for what You’ve begun in our hearts. As we go, may we carry this spirit of Communion into every*

*room, every meal, every neighborhood. Make us generous. Make us joyful. Make us Yours. Through Christ our Lord, Amen.*

## CONCLUSION

### JOIN THE COMMUNION REVOLUTION

#### Want to Keep the Table Open?

If this journey has stirred something in you, don't let it end here. *The Communion Revolution* isn't just a book or study. It's a growing movement of people reclaiming faith, community, and mission around the table.

Here's how you can take the next step:

**Start or continue your agape feast**—use this guide to keep inviting others in.

**Join the Abide Course** – A free spiritual formation experience designed to go even deeper. (Coming Fall 2025)

**Subscribe to the Canopy Podcast** – Hear stories, interviews, and big-picture conversations about church renewal.

**Join the Impact Team** – Help plant agape feasts, support others, or offer your unique gifts to grow the movement.

**Leave a review** – If the book encouraged you, consider reviewing *The Communion Revolution* on Amazon. It helps others discover the vision.

And if you ever want to connect—whether to ask questions, share a story, or dream together—I'd love to hear from you.

You can reach me anytime at: [www.communionrevolution.com/contact](http://www.communionrevolution.com/contact)

Thank you for being part of this.

May the peace of Christ be with you!