

SMALL GROUP DISCUSSION GUIDE

August 18-19

Feasting on the “I Am”

By Rev. Keith Herron

What Is This?

This brief guide is intended for use individually, or in small groups. It's your chance to dive deeper into the issues raised in the weekend sermon and to connect a Biblical story with your daily life.

Revisit the Text

John 6:51-58; <https://bit.ly/2BtUNwz>

Big Ideas Raised

- This passage should be considered an important add-on conversation from other things Jesus was known to say in John's gospel. Not technically a part of his seven “I am” sayings [I am the way, the truth, and the life; I am the bread of life; I am the light; I am the door; I am the good shepherd; I am the resurrection & the life; I am the vine], it's clear Jesus is talking about how he is both the bread and the wine.
- “I am ...” can be a simple way in common speech to respond “It is I” or “I am the one” but there's clearly more going on here. This is the beginning of developing an interior self. It's widely known we develop the main structure of our personality in our earliest stages of childhood, but beyond that, a child is also learning to recognize their inner sense of self. “I am” is prelude to also learning, “you are.” In our interpersonal relationships “I am” is not sufficient for healthy growth until we also learn “you are.”
- The elements of the table of communion are broken bread and poured cup. Monthly we gather as a church to “do this in remembrance of Me.” At St. Lucas, we practice an open communion, meaning all God's children are welcome at the table. We share communion in different ways, sometimes a common loaf torn and dipped in the wine (or grape juice); other times there are bread cubes or wafers and the cup is already poured into individual servings. The spirit of the table is always the same as we are called to sacred memory of that time when Jesus shared the bread and the wine with his disciples.

Questions Meant to Dig Deeper

- If communion is meant to move us to remember, what memories come to mind when you receive communion?
- We typically share communion on the first weekend of the month but also at special times in the church year (Christmas, Holy Week, World Communion Sunday, confirmand's first communion, etc.). Do you occasionally sense how God is present to us at the table?
- The bread and the wine are metaphors of something more. How do you understand these simple foods metaphorically as elements of the Spirit?

Revisit the Sermon

For a recording or a manuscript of this weekend's sermon, please visit:

<https://www.stlucasucc.org/sermons-resources>