

HOLY WEEK



Come to the Table: *This week, we're encouraging you to invite your Lifegroup to Come to The Table and practice the ancient traditions of Holy week. Starting Palm Sunday, set aside time in the first part of the week to gather and connect with Jesus, to come to His table. Take time to simply reflect on the cross and how Jesus' incredible sacrifice paid for our forgiveness and redemption. His table is open to all and He's inviting us to join Him there.*

Have a meal together: Start of Holy Week, Palm Sunday – Wednesday: *One option that could make your Lifegroup gathering extra special during Passion Week would be to gather and share a meal together. You can do that meal with either a contemplatives or evangelistic focus.*

Contemplative focus – *This option could include a meal together, a corporate reflection on the crucifixion (provided below), followed by taking communion together.*

Evangelistic focus – *If you choose this option for your Lifegroup gathering, encourage each member of your Lifegroup to invite someone who is not yet a Jesus follower or someone who is not currently connected to a church body to join you at the table. After dinner, corporately reflect on the crucifixion (provided below) and then share the gospel in light of the beautiful work Jesus accomplished on the cross. ***Please note that communion should not be included if non-believers have joined you.***

Suggested Flow after Dinner:

Worship:

Thank you, Jesus for the Blood | Charity Gale

Oh The Cross | Upper Room, Elyssa Smith

God Really Loves Us | Crowder, Dante Bowe, Maverick City Music

Listen and Respond:

Listen to Mick Murray's *Meditations Podcast*, [Jesus' Words from the Cross](#), Nov 5, 2021. In the podcast, Mick will guide your group through the specific words Jesus spoke from the cross. Ensure each person has pen and paper to capture their thoughts. Start the podcast and pause at the prescribed timestamp for each question. Have your group then take about two to three minutes to reflect on the words of Jesus and answer the question provided. Have them also write down any other thoughts or revelation received.

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Questions:

1. (Pause at 3:50) Where do you need forgiveness or need to extend forgiveness?
2. (Pause at 5:12) Reflect on the reality that if you are a follower of Christ, you will be with Him forever in Paradise. How does that change your perspective on today's challenges or trials.
3. (Pause at 6:15) We are reminded that God is our provider, our Great Shepherd. Is there an area in your life where you are not believing that?
4. (Pause at 7:32) In reality, Jesus was forsaken so we would never have to be forsaken. Take a moment and thank Him that He will never leave you. You are never alone.
5. (Pause at 7:57) Think about the kind of love God has for you that He would humble Himself to become human and ultimately die for you. Take a moment to reflect on the fact that God loves you so much that He would willingly identify with all your pain and weakness.
6. (Pause at 10:44) Again we are reminded that Jesus paid the ultimate price for our sins. Is there anywhere in your life that you are carrying shame or condemnation from current or past mistakes that is keeping you in bondage? Now, remember the truth that the cross has set you free! Picture yourself offering to Jesus anything that shames or condemns you and let Him take it from you forever. Receive His freedom.
7. Now, ask the Father, "is there any aspect of my life that I am holding on to, that is still not submitted to you?"

Note to Leader: We recommend you take as long as needed to process this portion and then finish by playing the remainder of the podcast as Mick prays to close. If your option is evangelistic, this is a great time to share the gospel and offer to pray with anyone who wants to give their life to Jesus.

Prayer:

In groups of two and three, have people share what God showed them during this experience. Also encourage anyone wanting to know more about having a relationship with Jesus to share openly with their group and ask questions. Pray together in groups to close.

Other Resources: [*Easter Sunday - A Time of Lectio Divina for the Discerning Heart*](#)

UNDISTRACTED

Holy Week and Easter is a time we're more likely to set our hearts and eyes on Jesus and focus on the beauty of what He did on the cross. However, on the Monday after Easter, how easy it is to jump back into our busy lives and let our eyes and affections be drawn to other things. In Luke 10:38-42, we read the account of Jesus visiting the house of Martha and Mary. As Martha hurried around the house "distracted by all the preparations that had to be made," she missed the very source of life right in front of her. Martha's heart and good intentions were to host and serve Jesus, yet she missed the joy of His presence because she was "worried and upset about many things." Her eyes weren't fixed on Jesus. Mary, on the other hand was commended by Jesus for simply sitting at His feet and focusing on Him, having "chosen what is better". As we step into this week after Easter, let us choose what is better and continue to fix our eyes on Jesus, the author and perfecter of our faith.

Icebreaker: What's something exciting happening in your life between now and summer?

Worship:

Make Room | *Elyssa Smith*

What a Beautiful Name | *Hillsong*

One Thirst | *Bethel Music*

Discussion:

1. Read Luke 24:13-25. Why would Jesus keep His followers from recognizing him? What was Jesus' purpose in doing this?
2. Read Luke 24:36-49. Even after Jesus clearly appeared to His followers, some were troubled, and some had doubt in their heart. Why do you think this happened? Upon experiencing your own clear revelations of Jesus, have you experienced a troubling in your spirit or doubts like this? Why do think this happens?
3. Read Matthew 6:22-23. What is the meaning of this teaching? We see that what we choose to focus our eyes on or give our attention to affects our spiritual health. What increases the light within us and what tends to fill us with darkness? Is it possible to focus on good wholesome things and yet find ourselves filled with darkness?
4. Read 2 Corinthians 3:16-18. According to this passage, what outcomes are a direct result of our fixation on Jesus? What does it look like in our busy American lives to sit at Jesus' feet and contemplate His glory?

Prayer:

Break into groups of two or three and read Hebrews 12:1-2 together. Ask the Lord to reveal to you any sin that's entangling or anything hindering your ability to run after Jesus. Then ask Jesus to show you what your eyes are fixed on other than on Him. Confess these things to each other and pray for each other.