



FOUNDATIONS

FRIDAYS AT 6:30PM
ROOM 4

Session 8: What are some additional essential topics (Part 1)?

Session Questions

Session 8 Topics:

- Communion
- Prayer

Session Questions

Session 8 Questions:

- What is it?
- Why is it important?
- How do I participate?

Question Review

- Review answers from Participant Guide Session 8: What are some additional essential topics(Part 1)?

Topic 1: Communion

What is communion?

- **To take bread and wine with the purpose of remembering Christ**
 - Sacrament instituted by Christ to be observed by the Church
 - References
 - Matthew 26:26-30
 - Mark 14:22-26
 - Luke 22:14-23
 - 1 Corinthians 11:23-26

Topic 1: Communion

Why is communion important?

- **A time to remember**
 - 1 Corinthians 11:24 – ...do this in remembrance of me
 - 1 Corinthians 10:16-17 – to remember...”we are one bread and one body”
- **A time of self-examination**
 - 1 Corinthians 11:28 - But let a man examine himself,
 - Opportunity to make things right with the Lord and with others
- **A time of refreshing**
 - Reminded of all that the Lord’s sacrifice accomplished
 - Refreshed and renewed in our love and obedience to Christ

Topic 1: Communion

How do I participate?

- Must be a Christian
- 1st Sunday of the month during morning services
- Can be administered outside of the church building

Topic 2: Prayer

What is prayer?

- Communication with God
- Can be done silently, audibly, privately, publicly, and in different positions
- Elements of prayer
 - Faith – James 1:6
 - Humility – 2 Chronicles 7:14
 - Confidence – Hebrews 4:16

Topic 2: Prayer

What is prayer?

- Different types of prayer
 - **Praise** – praising God for Who He is
 - **Confession** – telling God about sin
 - **Thanksgiving** – thanking God for His blessings
 - **Request** – asking God for help
 - **Intercession** – asking God to help others

Topic 2: Prayer

Why is prayer important?

- **Commanded to pray**
 - 1 Thessalonians 5:17
 - Philippians 4:6
- **If Jesus prayed, we should pray**
 - Matthew 14:23
 - Mark 1:35
- **For spiritual warfare**
 - Matthew 26:41
 - Ephesians 6:18

Topic 2: Prayer

How do I participate?

- Matthew 6:5-13 is the model
- 2 main divisions
 - Should start with worship of God first
 - After worship, prayer should include request
- ACTS Method
 - Adoration, Confession, Thanksgiving and Supplication

Reflections & Wrap Up

- Communion is a practice to remember Christ's sacrifice
- Communion is a time of remembrance, self-examination and refreshing
- Prayer is communication with God
- Prayer is commanded and one way to be involved in God's work
- Next session is **Friday, August 12 at 6:30 PM** in Room 4.
- Questions for next session:
Participant Guide Session 9: What are some additional essential topics (Part 2)?
- **Thank you!**