



## Small Group Guide – Week of March 29

*Upside Down: The Gospel According to Luke*

**Date:** Week of March 29, 2026

**Focus Passage(s):** Luke 22:14-20

**Theme:** Communion matters because it reminds us of where we've been, where we're going, and what Jesus has done.

### **Suggested Schedule (60 minutes total)**

Segment	Time	Description
Icebreaker	10 min	Get comfortable, begin connecting
Intro/Recap	5 min	Read the key passages for the week
Group Discussion	25 min	Dive into Scripture and discuss application
Deeper Dive Option	5–10 min	Deeper Bible study or individual challenge
Prayer & Requests	10–15 min	Close in prayer for growth + personal needs

### **Welcome + Icebreaker (10 min)**

**Prompt:** In this series we are exploring how Jesus turns our assumptions upside down.

What is a holiday tradition you look forward to every year? Why does it matter to you?

Have you ever had a tradition change or stop? How did that feel?

### **Key Message Recap**

We are looking at a moment where Jesus took one of the most important traditions in Jewish history, Passover, and completely redefined it.

## **Dig Deeper – Discussion Questions (25 min)**

### **Tradition vs Meaning:**

Read Luke 22:14-20.

What stands out to you about what Jesus says during this meal?

Why do you think traditions are so important to people?

How can traditions sometimes lose their meaning over time?

Have you ever experienced something meaningful becoming routine or automatic?

### **Jesus Redefines Passover:**

What do you think the disciples felt when Jesus changed the meaning of Passover?

Why was it such a big deal for Jesus to connect the bread and cup to Himself?

What does it mean that Jesus established a “new covenant”?

**Key Truth:** Jesus changes everything.

### **Remembering the Past:**

Why is it important to remember what God has done in the past?

How does communion remind us of our need for forgiveness and grace?

What happens when we forget what Jesus has done?

### **Looking Toward the Future:**

How does seeing communion as a reminder of heaven change your perspective?

How does hope for the future impact how you live today?

**Key Truth:** Communion helps us remember yesterday and anticipate tomorrow.

### **Examining Your Heart:**

Read 1 Corinthians 11:27-29.

Why is it important to examine your heart before taking communion?

What does it look like to take communion with the right posture?

Are there areas of your life or relationships that need attention right now?

**Key Truth:** Communion is not just an action, it is a heart posture.

## **Real Life Reflection** (5 min)

Communion can easily become something we do out of habit instead of something we experience with meaning.

Where are you in your relationship with God right now?

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## **Next Steps Challenge** (5 min)

Spend time remembering what Jesus has done for you, personally.

Take communion intentionally, focusing on meaning rather than routine.

Address something in your life or relationships that God is bringing to your attention.

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## **Deeper Dive**

### ***The Disciples at the Last Supper***

Primary Scripture: Luke 22:14-20; John 13:1-17; Matthew 26:20-30

The disciples sat with Jesus during the Last Supper, but did not fully understand what was happening.

### ***Key Moments***

Confusion Luke 22:19-20

Servanthood John 13:5

Betrayal Matthew 26:21

Why did the disciples struggle to understand?

How can familiarity lead to missing meaning?

Have you gone through the motions spiritually?

What helps you stay intentional?

How does this change how you view communion?

Familiarity can lead to complacency. Jesus invites relationship, not ritual. Communion is not just a tradition. It is an invitation to experience Jesus personally.

## **Prayer Time (10 min)**

Thank Jesus for His sacrifice.

Confess areas of distraction or sin.

Ask for renewed understanding and gratitude.

Invite group members to share needs.

Optional - Take communion together with intentional reflection.