



Taste and See



SHARE

your highs and lows

Break into pairs.
Listen carefully and
record your partner's
thoughts in the space
provided. Then return
to small group and
share your friend's
highs and lows.

MY HIGH THIS WEEK

MY LOW THIS WEEK

MY FRIEND'S HIGH THIS WEEK

MY FRIEND'S LOW THIS WEEK



READ

**and highlight
the theme verse
in your Bible**

"I will bless the LORD at all times; his praise shall continually be in my mouth. My soul makes its boast in the LORD; let the humble hear and be glad. O magnify the LORD with me, and let us exalt his name together. I sought the LORD, and he answered me, and delivered me from all my fears. Look to him, and be radiant; so your faces shall never be ashamed. This poor soul cried, and was heard by the LORD, and was saved from every trouble. The angel of the LORD encamps around those who fear him, and delivers them. O taste and see that the LORD is good."

Psalms 34:1-8



TALK

**about how the
Bible reading
might relate to
your highs
and lows**

Choose from the options below to enrich your Talk Time. Invite group members to take turns leading one or more of the following:

IMAGES

1. What do you see in the cover photo, cartoon and painting by Dr. He Qi on the back page?
2. Where are you in these works of art?
3. How might the art and the theme verse relate to each other?
4. How might they relate to your highs and lows?

CATECHISM ENCOUNTER

Open your Small Catechism and search the Holy Communion section for Martin Luther's answer to the question: "When is a person rightly prepared to take the meal?"

QUESTIONS TO PONDER

1. A friend says, "The bread and wine actually turn into flesh and blood in communion. You just can't see it." How do you answer them?
2. A friend says, "The bread and wine are simply a symbol of Jesus. Jesus isn't really there." How do you answer?
3. Does it matter what kind of bread and wine are used for communion? Would potato chips and grape soda work just as well?

QUOTATIONS

Choose a quotation (right column) and share your thoughts and questions about it.

*Blood is that fragile
scarlet tree we carry
within us.*

Sir Osbert Sitwell

*What can wash away
my sin?
Nothing but the blood
of Jesus;
What can make me
whole again?
Nothing but the blood
of Jesus.*

Robert Lowry

*Forgiveness is not an
occasional act. It is an
attitude.*

Martin Luther King, Jr.

*Forgiveness is God's
command. The gifts
of this sacrament are
forgiveness of sin, life and
salvation. For where there
is forgiveness of sin, there
is also life and salvation.*

Martin Luther



Write a definition...

EUCCHARIST

FORGIVENESS

HOLY COMMUNION

THE LAST SUPPER

THE LORD'S SUPPER



The Spies Return by Dr. He Qi (www.heqigallery.com)



PRAY

for one another's
highs and lows

Gather in a circle. Praise and thank God for your highs. Ask the Holy Spirit to be with you in your lows. Pray for your friend's highs and lows and for your world. Close in Jesus' name.

Prayers for Highs

Prayers for Lows



BLESS

one another

Trace the sign of the cross on one another's foreheads or palms.

REMEMBER 1 THING

If baptism is the birth of a Christian, Christ's body and blood are the food that sustains us. Jesus Christ can truly be present in your heart, mind and soul. He offers forgiveness, life and salvation in this meal.