

Christian Foundations Series

Lesson 5 – Worship & Breaking of Bread

Worship & The Breaking of Bread

When a person becomes a Christian, they become part of a new family. This family – the family of God – meets together, worships together, serves together and breaks bread together.

While breaking of bread is something that we do with at least one other believer, worshipping or praising God is something that is done both as part of a group and individually.

Worship

- 1 Read [Psalm 34:1-3](#) When should we worship and praise God? Should we worship anyone but the Lord? Who should we worship with?
- 2 Read [Psalm 150:6](#). Who, or what should worship God?
- 3 Which instruments did the Jewish people use to worship God in [Psalm 150:3-5](#)? In your opinion, which instruments can we use to worship God today? Are there any restrictions?
- 4 Which 3 ways of worshipping God are described in the following verses? [Psalm 47:1](#); [Psalm 98:4](#)
- 5 According to Paul, in [Romans 12:1-2](#), what role should our bodies play in worship? What do you think Paul means?
- 6 How did the Jewish people worship God in [Psalm 149:1-3](#)?
- 7 Read [John 4:23](#). What do you think Jesus meant when He said “...worship in spirit and truth”?
- 8 Read J. Carl Laney’s quote about worship. Do you agree with his explanation of John 4:23?

“Because “God is spirit” (without material being), worship must be bound up with spiritual realities, not physical formalities. Consequently, true worship is not limited by time, place or ceremony. To worship in “truth” means to worship the true God, honestly, genuinely, and from the heart.”

- 9 We all have different personalities, and this can influence how we worship. Discuss other ways that you think you can worship God.

Breaking of Bread

Breaking of Bread is something that flows naturally out of our worship for God. In fact, it is a beautiful act of worship that was instituted by Jesus Himself. Breaking of Bread is also known by other names

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such as The Lord's Supper or Communion. These names help us understand that it is something we do together to worship or commune with the Lord.

Read [Matthew 26:17-30](#), then answer the following questions.

- 10 Who was with Jesus, what special festival day was it and what meal were they preparing to eat together? Where did Jesus plan to celebrate the Passover? (verses 17-18)
- 11 What unusual statement did Jesus make in verse 20? Who was Jesus talking about?
- 12 Describe what Jesus did with His disciples on the Jewish Passover. (verses 26-30) Jesus called this a covenant. What important lesson was Jesus teaching the disciples?

Read [1 Corinthians 11:23–30](#) then answer the following questions.

- 13 What did the Apostle Paul remind the church in Corinth about the Lord's Supper in this passage? What reason did Paul give us for participating in the Lord's Supper?
- 14 Paul says we "proclaim the Lord's death until He comes" How are we proclaiming Jesus' death – and to whom?
- 15 What should we do before we take communion? Who should not take it? What happens if we take communion carelessly?
- 16 For discussion. How often should we take communion? Where and with whom should we take it? Should non-believers take communion? Should people be baptized before they take communion?

Series Outline:

1. Creation, The Fall and Salvation
2. Discipleship and the Lordship of Jesus
3. Our Daily Walk with God
4. Baptism
5. Worship & Breaking of Bread
6. Church Fellowship
7. The Holy Spirit & Spiritual Gifts
8. Wealth & Giving
9. Sharing Our Faith
10. Growing in our Faith
11. The Second Coming
12. Our Final Destination
13. Review