# The Essentials: Hope

## Session 5: 1 Corinthians 11:23-26 and Psalm 77

### Opening Collect

> *Together:* Blessed Lord, who caused all holy Scriptures to be written for our learning: Grant us so to hear them, read, mark, learn, and inwardly digest them, that we may embrace and ever hold fast the blessed hope of everlasting life, which you have given us in our Savior Jesus Christ; who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

**Read:** 1 Corinthians 11:23-26 and Psalm 77

**Opening Thought:** How do we get hope? Remembering the Gospel and receiving it as Communion.

**Discussion:**

1. Consider how you remember things in your everyday life. What are ways that you recall the things that you need to remember?
2. Reread vv. 3-10 of Psalm 77. Describe the transition that the Psalmist experiences.
3. How does the remembering that happens in Psalm 77 parallel the remembering in 1 Corinthians?
4. What does communion encourage us to remember? What does this remembering do for us?
5. What are better ways that we can remember what God has done for us in such a way that we might believe in his continued provision? Write down a few examples and share with your group.

### Check in and Closing Prayer

**1 Corinthians 11:23-26**

[23] For I received from the Lord what I also delivered to you, that the Lord Jesus on the night when
he was betrayed took bread, [24] and when he had given thanks, he broke it, and said, "This is my
body, which is for you. Do this in remembrance of me." [25] In the same way also he took the cup,
after supper, saying, "This cup is the new covenant in my blood. Do this, as often as you drink it,
in remembrance of me." [26] For as often as you eat this bread and drink the cup, you proclaim the
Lord's death until he comes.

**Psalm 77**

I cry aloud to God, aloud to God, and he will hear me.
[2] In the day of my trouble I seek the Lord; in the night my hand is stretched out without wearying;
my soul refuses to be comforted.
[3] When I remember God, I moan; when I meditate, my spirit faints. *Selah*
[4] You hold my eyelids open; I am so troubled that I cannot speak.
[5] I consider the days of old, the years long ago.
[6] I said, "Let me remember my song in the night; let me meditate in my heart." Then my spirit
made a diligent search:
[7] "Will the Lord spurn forever, and never again be favorable?
[8] Has his steadfast love forever ceased?
Are his promises at an end for all time?
[9] Has God forgotten to be gracious? Has he in anger shut up his compassion?" *Selah*
[10] Then I said, "I will appeal to this, to the years of the right hand of the Most High."
[11] I will remember the deeds of the Lord; yes, I will remember your wonders of old.
[12] I will ponder all your work,
and meditate on your mighty deeds.
[13] Your way, O God, is holy. What god is great like our God?
[14] You are the God who works wonders;
you have made known your might among the peoples.
[15] You with your arm redeemed your people, the children of Jacob and Joseph. *Selah*
[16] When the waters saw you, O God, when the waters saw you, they were afraid; indeed, the deep
trembled.
[17] The clouds poured out water; the skies gave forth thunder; your arrows flashed on every side.
[18] The crash of your thunder was in the whirlwind; your lightnings lighted up the world; the
earth trembled and shook.
[19] Your way was through the sea, your path through the great waters; yet your footprints were
unseen.
[20] You led your people like a flock
by the hand of Moses and Aaron.