



SPX Small Groups

Life is Better Together

Go! – Week 5 – June 6
The Most Holy Body and Blood of Christ



- 1) If you had a conversation with Bowie Bob/Barb last week, how did it go?
- 2) When you meet someone, what are some clues that they are genuinely glad to see you?
- 3) This week we celebrate the gift of the Jesus' Body given to us in the Eucharist.
 - a. During the pandemic, we were all forced to go without receiving communion for months. What was that like for you?
 - b. How does receiving the Eucharist make a difference in your life?
- 4) Keeping our own unworthiness in mind helps us be less judgmental about others. What is a healthy sense of unworthiness, and how can you cultivate that?
- 5) Pope Francis said Christians shouldn't be sourpusses. When are you most likely to seem like a sourpuss? Are there things you can control that would allow you to give off a more joyful vibe?
- 6) Are there any things you could do when you come to church to ensure that Bowie Bob/Barb would feel genuinely welcomed when they come?
- 7) In this series we've talked about all the times we are told to "Go, and..." bring Christ to the world in different ways. What is one thing you will take away from this series and put into action?
- 8) Watch the video extra and discuss.