

# MASTERING *the Art of Living*

## Mastering the Art of Living – Conclusion

### INTRODUCTION

Throughout Scripture we are called to self-examination, to look at our lives, to look at who we are and what matters most to us. This is certainly true of the Apostle Paul, and nowhere is that more clearly stated than on his directive concerning the Lord's Supper – Communion, Mass, the Eucharist. In [1 Corinthians 11:23-27](#) he reminds us of several things, among them, as Christians, to know “the story,” to remember, to self-examination, and to newness of life.

### DISCUSSION QUESTIONS

1. Read [1 Corinthians 11:23-27](#). Think for a moment about the long, long line of believers who have gone before us in the faith. Paul says, “I give to you, that which was given to me...” Someone told you the “story” of Jesus, and hopefully you came to believe. Who was it?
2. Paul also encourages us to self-examination; as you do that, are you angry, frustrated, raging over anything? Has someone wronged you? Have you wronged anyone? Is there tension in some important relationship in your life?
3. Self-examination can be compared to swimming in deep water, in fact, one translator translates [Proverbs 18:4](#), as “...the passages of the human heart are like deep waters.” When you begin to look below the surface, the superficial, what's down there?
4. We live in a culture that asks us to go faster and faster, and offers more and more stimulation, and encourages us to more and more activity; how, when, and where do you call a spiritual “time out”?
5. Returning to the “story” theme, do ever look at your spiritual story – your conversion, your devotion, your growth? Or do you even know your spiritual story? Trust me, you have one.
6. In [1 Corinthians 11](#), Paul says that in our self-examination we are bringing the past – Christ's death, and our individual past, forgiveness – and the future – Christ's return and promise of reconciliation – together into the present.

### TO THINK ABOUT

What does spiritual renewal look like for you?

### WHAT WILL YOU DO?

This week, think about your “story,” and if its appropriate share it.

### MAKING A CHANGE

*...proclaim the Lord's death until He comes.*

1 Corinthians 11.26b