

**Alderwood Community Church**  
**April 22, 2018**

**Creatures of Habit**  
**I Corinthians 10:1-5 and 14-17**  
(Page 1134-1135 or 1149)



3. The Lord's Table is a habit Jesus told us to practice. When you come to the Lord's Table, where does your mind typically go?

Where *should* our thoughts go during communion according to **1 Corinthians 11:23-26**? Why is this important?

4. How do you keep your mind from wandering off to unrelated thoughts when taking communion?
5. Think in terms of other spiritual habits. What do you do when Bible reading, prayer, fellowship, and giving become stale? What can you do this week to keep them fresh and turn you toward your Savior?