

Key Takeaway

We are worthy and precious because God pursues, forgives, redeems, and keeps us. Our worth is established by divine love, not human performance, and this truth frees us to extend the same grace to others.

Notes

Lutheran Lens

Open Table

Open Table Theology is the belief that Communion, the practice of accepting the hospitality of God and partaking in the holy meal, is available to ALL people, regardless of race, creed, culture, faith, sex, orientation, ability, belief, unbelief, practice, or any other man made or natural lines which serve to categorize or separate us from one another.

This practice is our human attempt to follow in Christ's example of radical acceptance of all people, everywhere.

Biblical Foundation

Supporting Scripture.

While Jesus was having dinner at Levi's house, many tax collectors and sinners were eating with him and his disciples, for there were many who followed him. 16 When the teachers of the law who were Pharisees saw him eating with the sinners and tax collectors, they asked his disciples: "Why does he eat with tax collectors and sinners?" 17 On hearing this, Jesus said to them, "It is not the healthy who need a doctor, but the sick. I have not come to call the righteous, but sinners."

Mark 2:15-17

Different Perspective.

So then, whoever eats the bread or drinks the cup of the Lord in an unworthy manner will be guilty of sinning against the body and blood of the Lord. 28 Everyone ought to examine themselves before they eat of the bread and drink from the cup. 29 For those who eat and drink without discerning the body of Christ eat and drink judgment on themselves. 30 That is why many among you are weak and sick, and a number of you have fallen asleep.

1 Corinthians 11:27-30

Dig Deeper!

Here are additional texts that may be helpful for your discussion:

Matthew 8:1-4 – Jesus heals leper

Mark 5:1-13 – Jesus heals demon-possessed

Luke 7:36-50 – Woman anoints Jesus

John 6:2-13 – Feeding of 5000

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Week 1. "I am Worthy"

The Chosen, Season 1, Episodes 1-3

Small Group Discussion

Mary Magdalene Deliverance

(S1, E1) – Luke 8:1-3

I am worthy... in spite of my demons, fears, and failures.

1. **Recognize:** Identify your own demons. What do you need to be rescued from? (Fear, anxiety, addiction, perfectionism, loneliness, anger, shame, etc.)
2. **Reframe:** Imagine someone important to you shares that they don't think they are worthy of love. How would you respond to them?
3. **Remember:** You are worthy despite your demons. Jesus tells us we are worthy no matter what.

The Unworthy Host

(S1, E2) – Luke 19:1-10

I am worthy... of rest, care, and God's presence in my ordinary life.

1. **Rest as Worthiness:** God commands Sabbath rest as a statement about our inherent worth. When do you struggle most with believing you're worthy of rest without earning it?
2. **Ordinary Presence:** How does Jesus show up in your everyday, ordinary moments rather than just in "spiritual" settings?
3. **The Unworthy Host Syndrome:** What false standard of 'readiness' do you hold yourself to that might be keeping you from receiving Jesus in your everyday moments?

PERSONAL CHALLENGE

In the upcoming week, practice receiving one small act of care or rest without feeling you need to "earn" it. Notice what internal resistance comes up.

CHURCH CHALLENGE

Examine both our spoken and unspoken messages about who is "worthy" of full participation in church life. How can the Church better reflect Jesus' model of welcoming those whom society overlooks or undervalues?

Jesus Loves the Little Children

(S1, E3) – Matthew 19:13-15

I am worthy... because God pursues, forgives, redeems, and keeps us.

1. **Inherent Worth:** Children have nothing to offer Jesus except joy, happiness, excitement - and He wanted them anyway. How does this redefine what makes someone "valuable" in God's kingdom?
2. **Inclusion Biases:** Where do we see our own biases about including different people in our church community (children in worship, people with disabilities, those from different backgrounds, etc.)?
3. **Earned vs. Given Worth:** Why is it easier to accept children as worthy and precious than to accept ourselves as adults with the same unconditional worth?