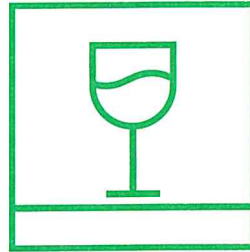


Question 46

What is the Lord's Supper?



Answer

Christ commanded all Christians to eat bread and to drink from the cup in thankful remembrance of him.

Big Idea

One of the purposes of the Lord's Supper is to nurture thankful remembrance among God's people.

Aim

To help the children understand that Jesus instituted the Lord's Supper so that Christians would remember all that he achieved through his death on the cross.

Bible Passage

1 Corinthians 11:17–34

Memory Verse

“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, 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.’ 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.’ For as often as you eat this bread and drink the cup, you proclaim the Lord's death until he comes.” (1 Cor. 11:23–26)

Virtue
Humility





Notes

Leader's Notes

Teaching children about the Lord's Supper can be difficult and a little abstract, particularly if they have seen the sacrament but not participated in it. This lesson will explain to the children the purpose of the Lord's Supper and why it has been instituted as a sacrament in God's church. The children will understand the Lord's Supper in the context of the biblical story and will begin to comprehend the difference between the old covenant and the new covenant. This lesson should encourage an appreciation of the Lord's Supper in the children.

Things to remember when planning and teaching:

- The celebration and meaning of the Lord's Supper is generally quite

abstract for many children. Be patient with the children as you seek to teach them about this sacrament and correct any misunderstandings.

- Be aware that there might be a degree of frustration among the children who would like to be actively participating in the Lord's Supper. Help them to understand and to respect their church leadership. Be sure to support the practices of your church throughout the lesson.
- Remember to mix and match the activities in the lesson to fit your time frame (see p. 12 for some sample outlines). You won't have time to do them all. Feel free to adapt each activity based on your class's strengths and weaknesses.

Leader's Prayer

Gracious Lord, thank you for instituting the Lord's Supper so I may be reminded of my union with Christ and encouraged in my faith. Thank you that I am part of the new covenant and can confidently trust in Jesus's blood as it covers me. Grant understanding

to the children who will hear this lesson. May it be relevant and inspiring for them, and may they delight in understanding the sacrament of the Lord's Supper. In Jesus's name. Amen.

Leader's Tool Kit

- Jenga blocks
- Dish towel
- Tray
- Wine or juice
- Bread
- Cloth
- Plate or communion tray
- Communion cup or cups



- Bible
- Paper
- A recording of “Behold the Lamb” (by Keith and Kristyn Getty and Stuart Townend) and a way to play it
- Markers and crayons

Notes

10 Catechism Recap

Print and cut out Q47 Catechism Recap (DL). Tape a selection of the catechism questions already covered to Jenga blocks and build the Jenga tower. (Not every block needs a question.)

Divide the children into teams. Invite individual children from each team to take turns approaching the Jenga tower and attempt to remove a block (don't continue to build the tower; just place the blocks

to the side once they have been removed from the tower). If the block removed has a question on it, the child can either answer the question herself or pass the question back to her team. If the team fails to correctly answer the question, another team can jump in and answer it. If they answer it correctly, they get to keep the block. The team with the most blocks whenever the tower falls wins.

5 Introduction to Question 46

Explain to the children that during the last week of Jesus's life, he ate the Passover meal. This is a special meal that Jewish people have celebrated every year from the time of Moses until today.

Ask the children if they know the story of the first Passover, found in Exodus 12. It is likely children will know the story; appoint one to tell it. Make sure they mention the death of the firstborn son, the blood of the lamb on the doorpost, and the unleavened bread.

Explain that every year when Jewish families celebrate Passover, they remember how the blood of the sacrificed lamb kept them

from death. Jesus and his disciples were Jewish, and that is why they ate the Passover meal together. But Jesus helped them to see that this meal not only represented the lamb that had been sacrificed so long ago in Egypt. It also represented Jesus himself, the Lamb of God, who would take away the sins of the world.

Jesus told his disciples that after he died, they should remember his death by eating bread and drinking wine together. The Passover Feast helped the Jewish people remember their salvation from Egypt, and the Lord's Supper helps Christians remember our salvation from sin and death.

Notes

Introduce Question 46: "What is the Lord's Supper?" Explain to the children that the church still eats together a special meal of

bread and wine to remember that Jesus laid down his life for his people and covered those who trust in him with his blood.



Activity



You will need to gather together items used in the Lord's Supper. Pick the items that are commonly used in your church, such as:

- Wine or juice
- Bread
- Cloth
- Plate or tray
- Communion cup or cups
- Bible

Place all the items on a tray.

Invite the children to come and look at the items on the table for five seconds; then cover them up quickly with a dishtowel.

Ask the children to name as many things as they can remember.

Uncover the items again and see how many items the children remembered. Tell them that this was an exercise in remembering, and the Lord's Supper is also meant to be an exercise in remembering, that is, remembering Jesus's death.



Teaching Outline

Begin the teaching time by asking for God's help. Ask that the lesson would be taught faithfully and that the children might listen well.

As you begin this teaching time remind the children that the sacraments are signs.

Read 1 Corinthians 11:17–34. Provide Bibles for the children to read along.

Remind the children that the apostle Paul was writing this letter to Christians in the city of Corinth. It seems from these verses that there was a problem among the Christians when they gathered to celebrate

the Lord's Supper. Paul is rebuking some of the Christians for eating before others; he is saying that the Lord's Supper should be eaten together as the family of God.

In verse 23, Paul starts to remind the Corinthian Christians what the Lord's Supper is. Explain to the children that Paul clearly declares that the tradition of the Lord's Supper came from the Lord himself; he instituted it for his church.

In these verses, Paul relates the details of the Passover meal that Jesus celebrated with his disciples on the night before he was put to death.



Notes

Invite the children to look at verses 23–25 and ask them to look at the details of what happened. Ask the children if there is anything they don't understand.

Tell the children that at this special meal, Jesus explained to his disciples what would happen to him in his death. His body would be broken and his blood would be shed. Highlight for the children that Jesus didn't just use the meal to teach the disciples but to institute a practice for his church that would help them to remember him until he comes again.

Explain that Jesus describes the breaking of bread and the drinking of wine as a sign of the new covenant. Tell the children that a new covenant means a new agreement. The new covenant is the promise that God makes with humans declaring that he will forgive sin and become friends with all those whose hearts are turned toward him. Jesus Christ is the Mediator of the new covenant, and his death on the cross is the foundation of the promise.

The Passover Feast helped the Jewish people remember how they had been delivered by the blood of the lamb. The Lord's Supper helps Christians remember we have been delivered by the blood of Jesus.

So Paul reminds the people of the new covenant that they should remember Jesus's death by eating bread and drinking wine together.

Tell the children that God's people continue to celebrate the Lord's Supper together to remember Jesus and his death on their behalf.

Conclude the teaching time by helping the children commit Question 46 and the answer to memory.

(These notes are just for guidance. Please expand or amend them to suit your own children and context. Write out your talk in your own words and include illustrations and applications that you know will connect with your children.)



Activity

You will need to be able to play a recording of "Behold the Lamb" by Keith and Kristyn Getty and Stuart Townend. Give each child a blank piece of paper along with markers and crayons.

Play "Behold the Lamb" for the children to listen to. Ask them to doodle pictures that

represent the Passover Feast and the Lord's Supper. They should include words from the song that stand out to them.

This should be a time of quiet reflection; encourage the children to sit and listen.





Discussion and Question Time

Some questions that might arise include:

? I've heard someone say that the bread and wine literally turn into Jesus's body and blood. Is that right?

Explain to the children that people of the Roman Catholic faith believe that the bread and wine miraculously turn into Jesus's actual body and blood. Protestant churches do not believe there is biblical evidence for this view.

? Can everyone partake in the Lord's Supper?

Tell the children that the Lord's Supper is for those who have trusted Christ for salvation. Explain to the children that many churches have guidelines around what age children or young people can begin to take communion. Share your church's guidelines.

? Do all Christians have to celebrate the Lord's Supper?

Remind the children that this is one of the ordinances or sacraments of the church that Jesus instituted for the good of his people. Christians should partake in the Lord's Supper regularly. As is the case with baptism, if something prevents a Christian from taking the Lord's Supper, it does not prevent them from being saved.

Also use this opportunity to help the children think about their own lives and how this question and answer affects them personally.

- Ask the children if they look forward to participating in the Lord's Supper.
- Ask the children if there's anything about the Lord's Supper that confuses them.



Virtue Vision



Humility

Ask the children what it means to be humble. Does it mean that you are weak? Does it mean that you are not very good at what you do?

Ask for a volunteer to read Philippians 2:5–8.

Help the children see that this passage clearly states that although Jesus is God—he could do anything—he chose to take

the humble step of going to death on the cross. He allowed himself to be beaten and mocked, even though he could have spoken one word and put to death all of those who were tormenting him. That's an amazing example of humility.

Tell the children that people who truly understand the Lord's Supper participate in it with humility. By eating the bread and drinking from the cup, you are acknowledging that you cannot save



yourself. Only the humble know that they need Jesus!

Ask the children: What is something that you cannot do alone without help from someone else?

Just as we acknowledge our limitations and need for help in these daily activities, we acknowledge on a much bigger level that we need God as our Savior when we take the Lord's Supper. It is easy to forget our need, so this sacrament helps us to remember.

Notes

Memory Activity

Print each word of the memory verse or catechism question and answer on a piece of paper, then cut each word in half. You may want to shorten it and concentrate on one verse. Hide one half of each word around your classroom.

Give every child one half of a word from the memory verse. Instruct them to find the other half of the memory verse that is

hidden somewhere in the classroom. Once the children have found the other half of their word, have them put the verse or question and answer in the correct order. Read it through with the children. Then remove half of some of the words, and read through it again. Finally remove full words, and see if the children can remember the entire thing.

Closing Prayer Time

Invite the children to kneel in a posture of humility. Ask them to close their eyes and spend a few minutes praying silently, thanking Jesus for giving us the Lord's Supper.

