

# LESSON 9

## THE LAST SUPPER

### OBJECTIVES

1. To learn the events surrounding Jesus and His disciples at the Last Supper.
2. To recognize the spiritual significance of Footwashing and Holy Communion.
3. To recognize the sacrifice our Lord Jesus made to enable Footwashing and Holy Communion.
4. To learn about and practice the teachings behind the sacraments of Footwashing and Holy Communion.
5. To learn that love is a priority in our lives.

### MEMORY VERSE

"Peter said to Him, 'You shall never wash my feet!' Jesus answered him, 'If I do not wash you, you have no part with Me.'"

(John 13:8)

### PRAYER

1. Thank God for His guidance in the past week.
2. Recall the sacrifice the Lord Jesus made to enable our salvation.
3. Ask God for understanding and guidance during the lesson.
4. Thank and praise God for opening a way to salvation and for giving us the sacraments and the precious teachings behind them.



### Overview

#### 1. Jesus establishes the Holy Communion

- Matthew 26:1-46; Mark 14:1-42; Luke 22:1-46
- Purpose: To remember the Lord's death; to be resurrected on the last day
- Teachings: Oneness, purity, and the covenant
- How to partake of it: unleavened bread; grape juice
- Participants: Ordained ministers and members

#### 2. Jesus washes His disciples' feet

- John 13
- Purpose: To have a part with Jesus
- Teachings: Humility, holiness, love, and forgiveness

#### 3. Linking to the Ten Basic Beliefs—Holy Communion; Footwashing

#### 4. Life Application—What God Teaches Matters the Most

#### 5. Activity—Mutual Footwashing



### Background Knowledge for Teachers

#### The Passover

The Passover was instituted in the time of Moses. During the last plague, all of Egypt's firstborn were killed by the Lord. It was only then that the Hebrew people were released and allowed to leave Egypt. The firstborn of the Israelites were spared if they heeded Moses' instructions. A year-old male lamb had to be killed at twilight on the fourteenth day of the first month, and the blood of the lamb was to be smeared on the two doorposts and the lintel to the house so that the angel of the Lord would pass over that house and spare the firstborn.

The Passover lamb is ultimately fulfilled in Jesus Christ. The meal eaten during the Passover took on a new meaning with the new covenant established by our Lord Jesus. The disciples, in taking the bread and cup during the Last Supper, were partaking of the flesh and blood of our Lord. Just as the disciples were commanded to do this often in remembering the Lord, we also hold Holy Communion regularly to remember the Lord's death. We hope in the resurrection to come when we can partake of the wedding feast of the Lamb and His bride, the church.

#### Footwashing

In Roman times, sandals were the customary footwear. Upon arrival at a host's house for a meal, guests would be welcomed with the washing of feet, performed by the household servants as a gesture of customary hospitality. Walking on the roads made a person's feet dusty, even if that

person had bathed before embarking on their route.

When Jesus washed the feet of His disciples, Peter was taken aback because he thought Jesus was performing the work of servants! This, however, was no customary footwashing. Jesus was actually setting a precedent. He was instituting the Sacrament of Footwashing, enabling a person to have a part in the Lord (Jn 13:8). When Peter realized the significance of Jesus' actions, he quickly changed his mind and insisted that the Lord wash his hands and head also (Jn 13:9). This reiterates the fact that this was a new institution of spiritual significance.

From the Sacrament of Footwashing, we are reminded to walk towards God, practicing a life of love, humility, and forgiveness.



## Reaching Out to Your Students

1. Take the time to explain to the students what a privilege and grace it is to be part of the household of God—of all the people in the world, He has chosen a handful for Himself. Remind them that through the thousands of years of human history, He has made His salvation plan known to us chosen few in these last years.
2. Have students recall a time when someone made a significant sacrifice for them or vice versa. Use the opportunity to bring to their minds the great sacrifice Jesus made in laying down His life, so that we can find forgiveness, grace, and peace in the sacraments.

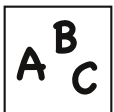


## Opener

*5 Minutes*

Sharing a meal is one way of sharing closeness with our family and friends. In times of celebration, such as a wedding or a birthday party, food usually gets passed around as we happily talk with one another. In times of sadness, such as a funeral, family and friends who attend usually hold a wake in remembrance of the person who died. When we join in these meals, it is only by special invitation.

There is one most special meal that **only** brothers and sisters in our church are invited to share. It might be held once a year, twice a year, or perhaps more often. In fact, Jesus told us to hold this meal often to remember Him. Do you know what meal that might be? (Holy Communion.) Holy Communion was the last meal that Jesus had with His disciples. It is also called the Last Supper. The Lord Jesus promises that those who partake of Holy Communion will be raised with Him when He comes again.



## Vocabulary

**institute:** to establish or begin

**covenant:** a promise or agreement

**conscious:** to be aware of something

**sacrament:** a religious observance

**spiritual effect:** the spiritual result of an action



## Bible Discovery & Spiritual Teaching

30-35 Minutes

### FOR TEACHERS

Hand out Bible Discovery Worksheet #1 now. The students will complete it before starting the lesson.

The **purpose** of the lesson is to investigate the establishment of the Sacraments of Holy Communion and Footwashing in the context of the night of Jesus' betrayal, and to learn the spiritual teachings of those sacraments.

Ask students to familiarize themselves with the passages to be studied by spending a few quiet minutes to fill in the table.

#### Answers

**Section 1:** Mt 26:1-5; Mk 14:1-2; Lk 22:1-2

(The chief priests, elders, and scribes are planning to kill Jesus.)

**Section 2:** Mt 26:6-13; Mk 14:3-9

(A woman anoints Jesus with expensive perfume.)

**Section 3:** Mt 26:14-16; Mk 14:10-11; Lk 22:3-6

(Judas agrees to betray Jesus.)

**Section 4:** Mt 26:17-19; Mk 14:12-16; Lk 22:7-13

(Jesus' disciples prepare the Passover.)

**Section 5:** Mt 26:20-30; Mk 14:17-26; Lk 22:14-23

(Jesus eats the Last Supper with His disciples.)

**Section 6:** Jn 13:1-20

(Jesus washes His disciples' feet.)

**Section 7:** Mt 26:31-35; Mk 14:27-31; Lk 22:31-34

(Jesus predicts that the disciples will fall away and that Peter will deny Him three times.)

**Section 8:** Mt 26:36-46; Mk 14:32-42; Lk 22:39-46

(Jesus prays in the garden of Gethsemane.)

Jesus had to use these last precious hours wisely. On the last night before He was betrayed, Jesus instituted the Holy Communion and Footwashing and commanded His disciples to do likewise. Holy Communion and Footwashing are two sacraments of our church that are performed after baptism.

### Origin

The Holy Communion was a sacrament instituted by the Lord Jesus Himself during this last Passover with His disciples. Let's read 1 Corinthians 11:24-25. "And when He had given thanks, He broke it and said, 'Take, eat; this is My body which is broken for you; do this in remembrance of Me.' In the same manner He also took the cup after supper, saying, 'This cup is the new covenant in My blood. This do, as often as you drink it, in remembrance of Me.'"

### Purpose

During the Holy Communion, we meditate on and proclaim the immense grace of our Savior shown by His personal sacrifice. The sacrament is also an important time for us to renew our determination to love the Lord more by giving our lives to serve Him.

### The Teachings of the Holy Communion

#### 1. Oneness

The "one bread" used in the Holy Communion signifies that Jesus has only one body and that all the believers are members of that one body. Therefore, the bread we partake of during the Holy Communion joins us with the body of Christ. The eating of this bread reinforces our unity and fellowship with the Lord Jesus and with other believers.

#### 2. Purity

The "unleavened bread" represents the holiness of Jesus. It is a reminder that, as the body of Christ, we must strive to be holy and blameless. We must keep our thoughts, speech, and daily conduct pure. We must also uphold the church's integrity and pledge her allegiance to the truth of God.

#### 3. The covenant

The "cup" we receive is the cup of the new covenant established by the blood of Jesus Christ. This new covenant is a sign that we have become God's chosen people through Jesus Christ and that we are to abide by His commandments.

Ask the students to put themselves in Jesus' shoes. He knew that He was about to die and that He didn't have much more time left to spend with His disciples.

When someone knows they don't have much time left, they don't waste time talking nonsense. They don't waste time worrying about what shows are on TV, or about buying the latest and greatest toy. What do you notice about people who know that they are about to die? They will usually have the people they love the most around them and tell them how much they are loved. They might give advice to the ones they love most on what they have learned in their own lives. Many people turn to God in prayer and strengthen their faith in Him, though they may have been weaker in past years. *Whatever they choose to do, they will usually use their last moments to do what is most important to them.*

## How to Partake of the Holy Communion

The elements of the Holy Communion consist of one large piece of unleavened bread and grape juice. The ordained minister (usually an elder, pastor, or deacon) gives thanks for the bread in the name of the Lord Jesus, breaks it, and distributes it to the congregation, which says a silent prayer before eating it. The grape juice is also received in a similar manner. All the bread and grape juice must be consumed on the same day. With the presence of the Holy Spirit, the bread and juice become the spiritual flesh and blood of Jesus Christ. Together, flesh and blood represent life. To partake of Jesus' flesh and blood means to partake of His spiritual life. On the last day, Jesus Christ will resurrect us and give us His everlasting life.

## Participants

To partake of the Holy Communion, we need to have been cleansed through water baptism and must not have committed any serious sin. The Holy Communion is to be received in a worthy manner. During the Holy Communion, or even the week before, we should examine ourselves, repent of our sins, and remove any grudges against others.

### FOR TEACHERS

Hand out Bible Discovery Worksheet #2 to the students now. Help the students complete it as you go over the lesson.

Tell students to use the Bible verses to help them fill in the right side of both tables. It will help them understand why these sacraments are important.

### Answers

#### 1. Holy Communion

**Action:** Blessed, broke, and distributed the bread; blessed and distributed the cup

**Physical objects:** Bread and cup of the fruit of the vine (grape juice)

**What do these become spiritually:** The bread is Jesus' body. The grape juice is Jesus' blood.

**Spiritual effects:** To be raised on the last day; to abide in Jesus and have Him abide in us.

The Holy Communion only uses one piece of bread. This is because the Lord Jesus has only one body, so there is only one bread.

#### 2. Footwashing

**Action:** Washing feet

**Physical object(s):** Water (and basin and towel)

**Spiritual effect:** To have a part with the Lord

## The Sacrament of Holy Communion

When we partake of Holy Communion, it is very serious. Jesus had to die in order for us to be able to have Holy Communion. We always need to remember that when we take the bread and juice, we are actually partaking of Jesus' flesh and blood.

In the time of the apostolic church, there were some believers who didn't take Holy Communion seriously. Let us read about what happened in 1 Corinthians 11:20-34.

### FOR TEACHERS

Ask students to answer the following questions on Worksheet #2. The answers have been provided below.

#### 1. What were the believers doing wrong when they had their Holy Communion?

They treated Holy Communion like an ordinary meal. They did not examine themselves or repent of their sins.

#### 2. What happened to these believers who did not take Holy Communion seriously?

Some became weak and sick, and others died.

#### 3. What are we actually doing when we hold Holy Communion (1 Cor 11:24-26)?

We are remembering the Lord Jesus and proclaiming His death until He comes again.

When we remember that the Lord Jesus died for us, we are actually remembering the great love He has for us. He came to earth in human form. Even though He created the earth, many did not know who He was, and rejected Him. He was betrayed by one who was close to Him and died a painful death, all so that we might have a chance to go to heaven and be with Him.

## The Sacrament of Footwashing

Read John 13:1-20.

## The Purpose of Footwashing

"If I do not wash you, you have no part with Me" (Jn 13:8). These words, spoken by Jesus to Peter, should be heeded by anyone who wishes to have a part in God's kingdom.

### FOR TEACHERS

Ask students to answer the fill in the blanks in the last section of Worksheet #2. The answers have been underlined in the following text.

The supper had finished and Jesus knew that His time was quickly coming to an end. He knew that He was to be crucified soon. "He loved them to the end" (Jn 13:1). Jesus did not simply give up because He knew the hardest part was coming. At the end of supper, He was going to show the disciples how much He loved them by washing their feet.

Footwashing is performed for everyone who has just been baptized. When we are baptized, all our past sins are forgiven us. However, the change cannot stop there. We cannot continue acting the way we used to, repeating our

bad habits. Jesus wants us to change so we become more and more like Him every day. Please read Psalm 119:101. The psalmist is not literally talking about keeping his feet from walking into evil. Here, the feet refer to his conduct or behavior. Footwashing is a reminder that we have to be conscious of our conduct, that we are choosing good behavior over sinful actions. We need to spiritually walk towards God every moment by growing in holiness day by day.

Read John 13:10. Footwashing is performed by a pastor for the newly baptized, just as Jesus, who was the master, washed His followers' feet. This shows Jesus' humility. In church, Jesus wants us to serve one another, just as He served us. He wants us to treat others as being more important than ourselves.

When He washed His disciples' feet, He washed the feet of all twelve disciples. Jesus already knew that Judas was going to betray Him. Despite this, Jesus still washed his feet. Jesus was willing to show forgiveness to Judas. Jesus wanted Judas to do the right thing and repent. Jesus set this example for us to follow. Even when we are wronged, we can trust that Jesus will help us find the heart to forgive.



## Linking to the Ten Basic Beliefs

2-5 Minutes

On the night of the Last Supper, Lord Jesus instituted two of the three sacraments of the True Jesus Church. The Lord Jesus commanded us to carry out these sacraments that will enable us to go to heaven.

Even though we don't celebrate the Passover like the Jewish do, we hold Holy Communion as commanded by our Lord Jesus. When we hold Holy Communion, we remember Jesus' death on the cross for us. When we partake of the Holy Communion, the Holy Spirit transforms the bread and grape juice so that, spiritually, they are the flesh and blood of our Lord. We will resurrect with Him on the Last Day because we are eating the flesh and drinking the blood of our Lord Jesus.

Footwashing allows us to have a part with our Lord. Even though Jesus was God, He washed His disciples' feet and commanded us to do likewise. From Footwashing, we learn about love, holiness, humility, service, and forgiveness.



## Check for Understanding

5 Minutes

1. **What are the physical elements of Holy Communion?** Unleavened bread and grape juice.
2. **What do the physical elements represent spiritually?** The body and blood of the Lord Jesus.
3. **What are the teachings of Footwashing?** Love, humility, holiness, and forgiveness.



## Life Application

10 Minutes

### Love Is Priority Number ONE!

When love is defined in the word of God, it is very practical. 1 John 3:17 records, **“But whoever has the world's goods, and sees his brother in need, and shuts up his heart from him, how does the love of God abide in him?”** Can you imagine the scenario being described here? Suppose you see a beggar lying by the side of the street. He is trying very hard to make eye contact with you. As you walk by, he says, “Can you help me? Do you have any spare change? Will you help me?” What will you do? You might be tempted to close your heart toward him as these thoughts go through your mind: If I give him some money, he will just go get drugs or cigarettes. How can I be sure that he is not pretending to be in need? Most likely, his family has already abandoned him. It is useless to help him. He needs to get a real job!

The life application here is that in these situations **your heart is either opening or closing to love**. If you open your heart to love, you will see every moment in your life as an **opportunity to truly love God and act out your love!**

In a way, you might say that loving someone means giving up something that you value to enrich the life of that person. That's love! Most people nowadays will say, “I will do these things for you, but only if you do these things for me.” However, the Bible teaches us to place others before ourselves (Phil 2:3; Heb 10:24). That's love! When you do your part and submit to God's teaching on love, others will see Christ in you.



## Activity

### Mutual Footwashing

10-15 Minutes

**Objective:** To remind students that Jesus, the master, washed His disciples' feet.

#### Materials

- Basins of water
- Clean, dry towels

#### Instructions

1. Wash each of your students' feet in turn and dry them. Then ask them the following questions.
  - What did it feel like when your teacher washed your feet?
  - What were you thinking?
2. Pair up the students. Have them take turns to wash and dry each other's feet. Ask them the questions below.
  - What did it feel like when you washed each other's feet?
  - What were you thinking when you had your feet washed?
  - What did it feel like to have another student wash your feet?
3. Ask the students to imagine that someone was really mad at them. Ask them to imagine that person washing their feet. How would they feel? What if they were really mad at someone and were asked to wash that person's feet? How would they feel?
4. Use their responses to link their feelings with Christ's humility and the disciples' acceptance when Jesus washed their feet. Take the opportunity to explain Jesus' heart of forgiveness when He washed the feet of Judas Iscariot, knowing that he would betray Him, and Judas' hardness of heart when he refused to repent.

#### Homework Answer Key

1. Passover is observed to remember how the Lord spared the firstborn of the Israelites when the tenth plague took place in Egypt. A lamb was killed in place of the firstborn. The Jewish continue to observe Passover every year by killing a lamb and eating a Passover meal to remember how God saved them from the hands of the Egyptians.
2. A
3. C
4. To have a part with Jesus (John 13:8)
5. Humility, holiness, love, and forgiveness
6. So that we know what it means to follow Christ and to grow in Him.

## The Last Supper

**Instructions:** The passages relevant to the Last Supper are listed in the left column. In the right column, use one sentence to summarize what happened.

<p style="text-align: center;"><b>Section 1</b></p> <ul style="list-style-type: none"> <li>• Mt 26:1-5</li> <li>• Mk 14:1-2</li> <li>• Lk 22:1-2</li> </ul>	
<p style="text-align: center;"><b>Section 2</b></p> <ul style="list-style-type: none"> <li>• Mt 26:6-13</li> <li>• Mk 14:3-9</li> </ul>	
<p style="text-align: center;"><b>Section 3</b></p> <ul style="list-style-type: none"> <li>• Mt 26:14-16</li> <li>• Mk 14:10-11</li> <li>• Lk 22:3-6</li> </ul>	
<p style="text-align: center;"><b>Section 4</b></p> <ul style="list-style-type: none"> <li>• Mt 26:17-19</li> <li>• Mk 14:12-16</li> <li>• Lk 22:7-13</li> </ul>	
<p style="text-align: center;"><b>Section 5</b></p> <ul style="list-style-type: none"> <li>• Mt 26:20-30</li> <li>• Mk 14:17-26</li> <li>• Lk 22:14-23</li> </ul>	
<p style="text-align: center;"><b>Section 6</b></p> <ul style="list-style-type: none"> <li>• Jn 13:1-20</li> </ul>	
<p style="text-align: center;"><b>Section 7</b></p> <ul style="list-style-type: none"> <li>• Mt 26:31-35</li> <li>• Mk 14:27-31</li> <li>• Lk 22:31-34</li> </ul>	
<p style="text-align: center;"><b>Section 8</b></p> <ul style="list-style-type: none"> <li>• Mt 26:36-46</li> <li>• Mk 14:32-42</li> <li>• Lk 22:39-46</li> </ul>	

## Holy Communion

Action (What did Jesus do?) (Mt 26:26-27; Mk 14:22-23; Lk 22:19-20)	
Physical objects (What did Jesus use?) (Mt 26:26-29; Mk 14:22-25; Lk 22:19-20)	
What do these become spiritually? (Mt 26:26-28; Mk 14:22-24; Lk 22:19-20)	
Spiritual effects (Jn 6:54-56)	

The Holy Communion makes use of only one piece of bread. This is because \_\_\_\_\_  
 \_\_\_\_\_ (1 Cor 10:17).

## Footwashing

Action (Jn 13:5)	
Physical object(s) (Jn 13:5)	
Spiritual effect (Jn 13:8)	

### Questions

1. What were the believers doing wrong during Holy Communion? Read 1 Corinthians 11:20-34.
2. What happened to these believers who did not take Holy Communion seriously?
3. What are we actually doing when we hold Holy Communion (1 Cor 11:24-26)?

### Fill In the Blanks

1. "He \_\_\_\_\_ them to the end." (Jn 13:1)
2. The psalmist is not literally talking about keeping his feet from walking into evil. Here, the feet refer to his \_\_\_\_\_ or behavior. (Ps 119:101)
3. We need to spiritually walk towards God every moment by growing in \_\_\_\_\_ day by day.
4. This shows Jesus' \_\_\_\_\_. In church, Jesus wants us to serve one another, just as He served us.
5. Jesus already knew that \_\_\_\_\_ was going to betray Him.
6. Jesus was willing to show \_\_\_\_\_ to Judas.



### What God Teaches Matters the Most

As Christians, we need to trust in God to give us the strength and wisdom to produce the needed changes in ourselves. God already showed us His everlasting love by dying on the cross for us and sending His word upon us. He also washed His disciples' feet so that we could be cleansed and have a part in Him. We need to keep growing!

It is so important for us to study God's word regularly so that we can know what it means to follow Christ and to grow in Him. This way, we will have a growing understanding of the truth. So, the next time you find yourself wondering, "Am I really a follower of Christ?", just ask yourself this question: "Is love a priority in my life?"

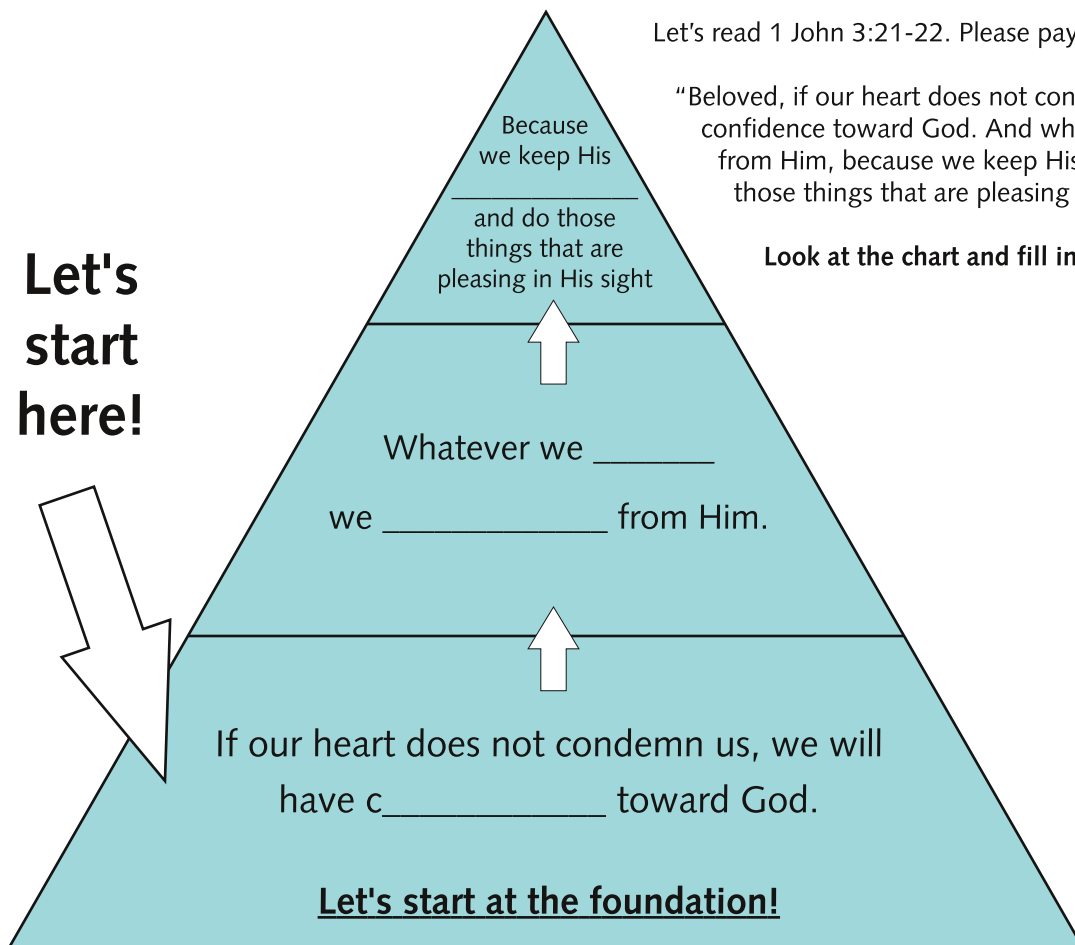
Romans 13:10 records, "Love does no harm to a neighbor; therefore love is the fulfillment of the law." That's an incredible statement! In other words, someone who understands God's love will:

1. Forgive others instead of holding grudges (Who do you need to forgive?)
2. Honor their parents (How are you going to honor your parents this week?)
3. Love those who are difficult to love (Who do you need to love?)
4. Sacrifice their time and money for others (Who needs your time and money?)
5. Ask God to help them be a loving person toward their family (Who can you be loving toward?)

Let's read 1 John 3:21-22. Please pay attention to the pattern.

"Beloved, if our heart does not condemn us, we have confidence toward God. And whatever we ask we receive from Him, because we keep His commandments and do those things that are pleasing in His sight."

**Look at the chart and fill in the blanks.**



## E2 Year 1 Book 1 Lesson 9—The Last Supper

# Homework Assignment

Name: \_\_\_\_\_ Parent signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Weekly Bible Reading:** \_\_\_\_\_

**Bible Reading:** Check each box when you complete that day's reading.

**Prayer:** Check each box after you pray to God that day.

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Read							
Pray							

### What I Learned from the Bible This Week

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_

### Memory Verse

Please write down this week's memory verse. (John 13:8)

\_\_\_\_\_

1. What happened at Passover (recorded in Exodus 12)? What were the Jews remembering?
  
2. \_\_\_\_ : What are the teachings of the Holy Communion?
  - a. Oneness, purity, and the covenant
  - b. Oneness, flesh, and blood
  - c. Flesh, blood, and fullness of life
  
3. \_\_\_\_ : What are the spiritual effects when we partake of the Holy Communion?
  - a. We will be raised on the last day.
  - b. We will have Jesus abide in us.
  - c. All of the above.
  
4. What is the purpose of having the Sacrament of Footwashing?
  
5. What can we learn from Footwashing? Name three teachings.
  
6. Why is it so important for us to study God's word regularly?