

LESSON 9

THE SACRAMENT OF HOLY COMMUNION

OBJECTIVES

1. To understand that the purpose of Holy Communion is more than just to remember the death of Jesus Christ.
2. To learn the significance behind using one unleavened bread and one cup.
3. To understand the attitude that a person must have when observing Holy Communion.

MEMORY VERSE

“For as often as you eat this bread and drink this cup, you proclaim the Lord’s death till He comes.”

(1 Corinthians 11:26)

PRAYER

Thank You, Lord, for guiding us here today to worship You. You have made the ultimate sacrifice for us by giving us Your Son to shed His blood on the cross for us. Today, we will learn about the importance of remembering His sacrifice by partaking in Holy Communion. Please help and guide us through our class today so that we are able to focus and learn about Your great love and mercy.



Overview

1. Bible Discovery & Spiritual Teaching

- a. Jesus Christ Institutes Holy Communion
- b. Why Do We Need to Partake of Holy Communion?
- c. Partaking of Holy Communion

2. Linking to the Ten Basic Beliefs—Holy Communion

3. Life Application—A Heart of Remembrance

4. Activity—"The Lord's Supper" Comic Strip



Background Knowledge for Teachers

During the last meal before Jesus Christ was to be betrayed by Judas, Jesus Christ took the unleavened bread and the cup and blessed them. He then asked the disciples to partake of it and remember Him. Through these actions, Jesus Christ instituted Holy Communion and we continue to hold Holy Communion in the same manner today. The Holy Communion is a reminder of Jesus Christ’s ultimate sacrifice for us and through partaking of His body (unleavened bread) and blood (grape juice); we are able to have eternal life.



Reaching Out to Your Students

Your students probably have a limited understanding of the spiritual aspect of Holy Communion. Most students recognize it as the time when they eat a piece of unleavened bread and drink a cup of grape juice. However, older students may know that we partake of Holy Communion to remember the death of Christ. When teaching the lesson, it is important to remind students about the love of Christ and the great sacrifice that He made for us by being crucified on the cross. Through using analogies and comparisons, we can help students to understand thoroughly the love of Christ and what it really means to partake of Holy Communion.



Opener

5 Minutes

If you could choose anything, what would you want to eat for your last meal? [Wait for students to respond.]

If it were our last meal, most of us would probably want to eat our favorite foods and make sure that we are able to enjoy our favorite drink. Today, we are going to learn about the last meal of Jesus Christ. During this last supper, it wasn't the food that made it a special meal, but rather Jesus' institution of something very important to us today.



Vocabulary

consecrate: to make separate and holy

covenant: an agreement between God and His people



Bible Discovery & Spiritual Teaching

30-35 Minutes

Jesus Christ Institutes Holy Communion

Let's read 1 Corinthians 11:23-26. During the last meal before Jesus Christ was to be crucified, He established, or created, the Sacrament of Holy Communion.

Earlier in the day, Jesus Christ had sent Peter and John to go and prepare the Passover meal by finding a large room and preparing the necessary materials. It was during this meal that Jesus took bread and blessed it and gave it to His disciples, saying, "Take, eat; this is My body which is broken for you; do this in remembrance of Me" (1 Cor 11:24). Next, He took the cup, gave thanks, and said, "This cup is the new covenant in My blood. This do, as often as you drink it, in remembrance of Me" (1 Cor 11:25). Jesus Christ has commanded us to remember Him, but what exactly are we remembering? [Wait for students to respond.]

Yes, we have to remember the death of Jesus Christ on the cross. He was willing to suffer and even die for us, so that we would be able to be saved today. This great sacrifice is something that we need to always reflect on and think about in our walk as Christians. When we are partaking of Holy Communion, we are remembering and thinking

about what Jesus Christ did for us! Let us look at the other reasons we need to partake of Holy Communion.

Why Do We Need to Partake of Holy Communion?

1. To remember the death of Jesus Christ

When we partake of Holy Communion, we are remembering the death of Jesus Christ. In 1 Corinthians 11:24, Jesus Christ says to remember His body that had been broken for us. He was the one that suffered on the cross and died for us. He had to endure great pain and suffering in His flesh. Jesus Christ also commanded us to remember the cup, which is the new covenant in His blood. The blood of Jesus Christ had been shed for us, and it is with His blood that our sins are washed away. Through His death, we are able to receive the greatest gift—a way for us to enter into the heavenly kingdom.

2. To proclaim the death of Jesus Christ (1 Cor 11:26)

Jesus Christ died not only for the sins of believers, but also for all men. Therefore, when we partake of Holy Communion, we are also declaring to everyone that they need to believe in Jesus. It is only when they come to believe in Jesus Christ and be reconciled with Him that they can come to be saved (Rom 5:10).

3. *To have hope that Jesus Christ is coming again (1 Cor 11:26)*

When we partake of Holy Communion, it is reminder for us to remain alert and to be prepared for that day when Jesus Christ comes again. In 1 Corinthians 11:26, it says that we are proclaiming the death of Jesus Christ until He comes. In John 6:54, Jesus Christ Himself says, "Whoever eats My flesh and drinks My blood has eternal life, and I will raise him up at the last day." Therefore, Holy Communion is important not only for remembering the death of Jesus, but also for receiving salvation. As people who have been washed by the blood of Jesus Christ, we should all be waiting attentively for the coming of Jesus Christ again

Partaking of Holy Communion

When we partake of Holy Communion, we use one piece of unleavened bread and grape juice. After they are consecrated, the unleavened bread becomes the spiritual body of Jesus Christ and the grape juice becomes the spiritual blood of Christ. Only one piece of unleavened bread is used during Holy Communion because Christ only had one body. The bread is unleavened, which means that it does not have yeast. In the Bible, yeast represents sin, and we know that Jesus Christ did not have sin; therefore, the bread is made without yeast (1 Cor 5:7-8). The grape juice represents His blood, which He shed for our sins. There are other churches that use wine. However, this is not biblical because wine is made with yeast, which represents sin. When we partake of the cup, we are making a new covenant, or promise, with God. Once we make the covenant, we are able to receive His salvation, and we are reminded that we are God's chosen people.

The person partaking of Holy Communion has to be a baptized member. This is very important because only those who are part of the body of Christ should partake of Holy Communion. Before partaking it, it is important to make a self-examination. We need to remember that we are not partaking of ordinary bread and juice but actually

partaking of the body and blood of Christ. As a result, what kind of attitude should we have when we partake of Holy Communion? [Wait for students to respond.]

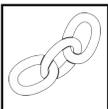
- **Humble:** We have to partake of Holy Communion with a humble heart because it is the time for us to think about the sacrifice Jesus Christ made for us. Our hearts should be calm and quiet before God. We need to remember that we are able to partake of His salvation not because of our own goodness, but because the goodness of Jesus Christ.
- **Solemn:** This means we have to be respectful and meditative when we are partaking of Holy Communion. We are reflecting about the death of Christ and what it means for us.

Lastly, before we partake of Holy Communion, we need to examine ourselves to make sure that we are sanctified and ready to partake of Holy Communion. We have to repent of our sins and the things that we have done wrong before we partake of the body of Christ. Jesus Christ wants us to be perfect and holy just like Him. We should think about whether or not we have wronged our fellow brothers and sisters, or if we recently got into an argument with our parents. These conflicts are not pleasing to God, and are the kinds of things we should examine our heart for before we partake of Holy Communion.

Being able to partake of Holy Communion is a blessing, because it means that God has chosen us to be part of the Body of Christ. So, let us always remember the sacrifice of Jesus Christ on the cross for us. He made the ultimate sacrifice for us, so we should make the determination to live a holy life for Him!

FOR TEACHERS

Hand out the Bible Discovery worksheet to the students now. Guide them to complete the worksheet, providing assistance when needed.



Linking to the Ten Basic Beliefs

2-5 Minutes

The Sacrament of Holy Communion

The Sacrament of Holy Communion is important because through it, we remember the suffering and sacrifice of Jesus Christ on the cross. It is a blessing to be able to partake of His body and blood through Holy Communion. We can always remember His love for us.



Check for Understanding

5 Minutes

1. **What happens after the unleavened bread and grape juice are consecrated?** The unleavened bread becomes the body of Christ in the Spirit and the grape juice becomes the blood of Jesus Christ in the Spirit.
2. **Why do we not have yeast or leaven in the bread or grape juice?** Leaven represents sin.
3. **Who can partake of Holy Communion?** Members who are baptized and have examined themselves for sin.
4. **Why do we observe Holy Communion?**
 - a. To remember the death of Christ
 - b. To proclaim the death of Christ
 - c. To remember to have hope that Jesus Christ is coming again



Life Application

10 Minutes

A HEART OF REMEMBRANCE

The type of heart we have while partaking of Holy Communion is also the type of heart we should have in our daily life. If we constantly remember the great sacrifice that Jesus Christ made for us to allow us to be His chosen people, then we would live our life very differently. Let us look at some of the attitudes that we should have when we partake of Holy Communion. For each of these characteristics, think of how the attitude would look in our daily life, and then give an example of how you can exhibit each of these characteristics.

1. Humble

- a. *Example:* We have to be humble while partaking of Holy Communion because God is the one who saved us and had chosen to suffer for us on the cross.
- b. *In my life, I will be humble by...* making sure I listen to and submit to the words of my parents.

2. Repentant

- a. *Example:* We have to be repentant and examine ourselves while partaking of Holy Communion because God wants us to be holy. So, we need to repent before we partake of Holy Communion.
- b. *In my life, I will make sure that I have a repentant attitude by...* writing notes to myself to help me reflect upon the word of God.

3. Hopeful

- a. *Example:* We have to have a hopeful heart because we are able to partake of Holy Communion and have a part of God's salvation.
- b. *In my life, I have this hope, so I will live my life by...* sharing this hope with other people so that they can also come to know Jesus Christ.

4. Reverent

- a. *Example:* We should have a reverent or respectful heart when partaking of Holy Communion because this is how we can honor God and give Him glory.
- b. *In my life, I will respect and show God honor by making sure that my behavior will show that I am a Christian. I will do this by...* making sure the words that I say are honorable and by trying not to say bad things.

[Hand out the Life Application worksheet to the students. Read the scenarios together as a class and go over the questions for each of the scenarios.]



Activity

"The Lord's Supper" Comic Strip

10-15 Minutes

Objective: To reinforce today's Bible story.

Materials

- White paper
- Scissors
- Pencils
- Rulers
- Crayons, markers

Students will create a comic strip based on Matthew 26:17-30. You can choose to have students work independently or in small groups.

Instructions

1. Read the passage together as a class.
2. Have students break up the scenes of the passage into parts. (Recommended: 6 to 8 parts)
3. Fold the paper in half lengthwise, then fold it again 2 or 3 times, depending on how many parts the students have chosen. Unfold the paper. It should have 6 or 8 boxes.
4. Draw each scene into a box and color. Students can choose to include dialogue if they want.
5. Post the comics around the room for the class to see.

The students can share how they divided up the passage and also do a walkthrough of their comic strip for the class.

HOMEWORK ANSWER KEY

1. B
2. A
3. C
4. False; no matter how many people there are, only one piece of unleavened bread is used.
5. True
6. True
7. Answers may vary.

HOLY COMMUNION:

Let's read 1 Corinthians 11:23-26.

What Do We Partake?



1. The unleavened bread is the _____ of Christ.
2. What does the phrase "which is broken for you" mean?
3. How many pieces of unleavened bread should be used during Holy Communion?
4. Why do we use unleavened bread during Holy Communion and not bread with yeast?

The Unleavened Bread



The Cup

1. The cup is the _____ of Christ.
2. What does the phrase "the new covenant in My blood" mean?
3. Why do we use grape juice instead of wine?

*"For as often as you eat this bread and drink this cup,
you proclaim the Lord's death till He comes."*

(1 Corinthians 11:26)

A Heart



of Remembrance

What does this look like in my life?

What does this look like in my life?

Why do we need to be humble during Holy Communion?

Why do we need to be repentant during Holy Communion?

Humble

Repentant

Hopeful Reverent

Why do we need to have hope when we partake of Holy Communion?

Why do we need to be reverent during Holy Communion?

What does this look like in my life?

What does this look like in my life?

A Heart of Remembrance

Scenario 1

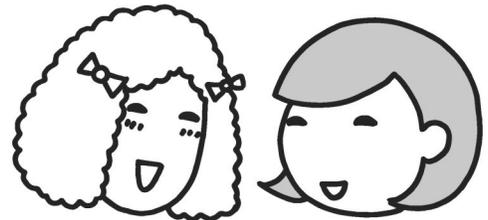
The night before going to church on Sabbath, Tommy got into a huge argument with his parents. Didn't they understand that he wasn't a kid anymore? He could make his own decisions about whether or not he should clean his room. Tommy went to bed angry and frustrated at his parents, and the next morning, he woke up feeling the same. He gave his parents the silent treatment during the drive to church. When they got to church, he got out of the car and stomped away from them. Tommy saw one of his church friends, and as they were about to enter into the chapel, his friend told him that there was going to be Holy Communion today.



What should Tommy do?

Scenario 2

Janice and Tammy were the best of friends. They grew up together and would often spend hours just talking about anything and everything. They talked so much that they would often get in trouble during class time and even during service. This would often drive their RE teachers crazy! One Sabbath, there was going to be Holy Communion, and as always, the two of them sat together during the sermon. Very soon afterwards, the two of them began to giggle and whisper to each other.



Why is this not a correct way to partake of Holy Communion?

How should we behave when we partake of Holy Communion?

E2 Year 3 Book 3 Lesson 9—The Sacrament of Holy Communion

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	<input type="checkbox"/>						
Pray	<input type="checkbox"/>						

What I Learned from the Bible This Week

1. _____

2. _____

Memory Verse

Please write down this week's memory verse. (1 Corinthians 11:26)

Multiple Choice

1. _____ : During Holy Communion, why do we use unleavened bread?
 - a. Jesus Christ used unleavened bread.
 - b. Leaven represents sin and the body of Christ was sinless.
 - c. The bread tastes better without leaven.
2. _____ : Why do we hold Holy Communion?
 - a. To remember the death of Jesus Christ for us
 - b. To forgive sins
 - c. To celebrate Jesus Christ's birthday
3. _____ : Who can partake of Holy Communion?
 - a. Those without sin
 - b. Members who have the Holy Spirit
 - c. Baptized members

True or False

4. If there are a lot of members partaking of Holy Communion, we can use more than one piece of bread. _____
5. Before partaking of Holy Communion, we need to examine ourselves. _____
6. If we observe Holy Communion, Jesus Christ abides in us, and we will have a chance at eternal life. _____

Short Answer

7. Why is it important for us to remember the death of Jesus Christ?