

# LESSON 10

## THE SACRAMENT OF HOLY COMMUNION

### BEFORE YOU TEACH

#### The Last Supper

Before Judas' betrayal, Jesus and His disciples had one last supper together. During this Last Supper, Jesus instituted the Sacrament of Footwashing and Holy Communion. In accordance with Passover customs, a lamb had to be sacrificed for the Passover feast. However, during the Last Supper, the sacrificial lamb represented the Lord Jesus. He was sacrificing His life to give us salvation. During the Passover meal, Jesus took the unleavened bread and grape juice, blessed them, and asked His disciples to partake of them. This was the first instance of Holy Communion. Today, the True Jesus Church observes the Holy Communion in accordance with the teachings in the Bible. In observing Holy Communion, we are remembering Jesus' suffering and death. By eating the bread and drinking the grape juice, we are partaking of Jesus' body and blood, which will allow us to have eternal life.

### UNDERSTANDING YOUR STUDENTS

At such a young age, your students might not have a thorough understanding of Holy Communion. They probably view it only as the time when everyone in church eats a piece of bread and drinks a small cup of grape juice. They might not understand that through this sacrament, we fellowship with Christ and receive eternal life. However, with guidance, your students will be able to comprehend the importance of remembering the Lord's sacrifice and immense love, being reverent and respectful, and living for the Lord Jesus.

### BIBLE TEXT

Matthew 26:26-28; Mark 14:22-23;  
Luke 22:19-20; John 6:53-58;  
1 Corinthians 10:14-21; 11:18-34

### BIBLE TRUTHS

1. Jesus commanded us to eat His flesh and drink His blood to have eternal life.
2. Jesus commanded us to observe Holy Communion to remember His death.

### LESSON OBJECTIVES

1. To understand that the bread and cup is the actual flesh and blood of the Lord Jesus in the spirit.
2. To realize that we observe Holy Communion to remember Jesus' death.
3. To know the importance of partaking of Holy Communion with a reverent attitude.

### MEMORY VERSE

"Whoever eats My flesh and drinks My blood has eternal life, and I will raise him up at the last day."

(John 6:54)

### PRAYER

In the name of the Lord Jesus Christ, we pray. Thank You for guiding us here today to worship You. You shed Your blood and died for us on the cross to cleanse us of our sins. Today, we remember Your death when partaking of Holy Communion. Help us understand the importance of this sacrament. May all glory be onto Your name. Hallelujah! Amen.

## VOCABULARY

**consecrate:** to separate and make sacred

**yeast:** a fungus used in making bread and wine

**partake:** to take part in; to have a portion of food

## REVIEW

Last week, we learned about the Sacrament of Footwashing. Let's review some of the things we learned about footwashing.

Who usually performed the footwashing? (Servants.) But during the Last Supper, Jesus (the master), washed His servants feet. Through this, Jesus taught us that we should serve others through humility. We also learned that footwashing taught us to be holy and pure.

### How Is Footwashing Performed?

1. An elder, pastor, or deacon performs the sacrament. He represents the Lord Jesus in washing the feet of the newly baptized person.
2. It is performed in the name of the Lord Jesus.
3. Using a basin of water, the pastor washes the believer's feet, and then dries them with a towel.

## BIBLE STORY

### Jesus Institutes Holy Communion

People often keep things that remind them of certain events in their lives. For example, people carry photographs in their wallets to remind them of their family and friends and the wonderful times they had together. Other people collect souvenirs to remind them of vacations they had or places they visited. Jesus also gave us something to remember Him by. Before He ascended to heaven, Jesus established the Holy Communion so we could remember Him. Jesus said that each time we observe the Holy Communion, we will remember how He loved us and sacrificed His life for our sins.

The night before Jesus was crucified, He had His last supper with His disciples. This was not just an ordinary dinner; it was a very special meal where Jesus established the Holy Communion.

Earlier that day, Jesus had asked two of His disciples to find a large room and prepare the materials needed to celebrate the Passover. During the Passover meal, Jesus took the unleavened bread, gave thanks to God, broke it into pieces, and gave it to the disciples to eat. Jesus told His disciples, "This is My body which is given for you; do this in remembrance of Me."

After the disciples finished eating the bread, Jesus took the cup of grape juice. He prayed and gave thanks to the Lord, then gave the cup to His disciples. He said to His disciples, "Take this and drink. This is My blood of the new covenant, which is shed for many for the forgiveness of sins. I will not drink of the grape juice until the kingdom of God comes."

Do you remember a time when you ate unleavened bread

and drank grape juice in church? Yes, we usually observe Holy Communion on the last day of Spiritual Convocation. We observe this holy sacrament since Jesus commanded us to observe it. Through Holy Communion, everyone in church remembers the Lord Jesus and His death on the cross.

### What does Jesus want us to remember through Holy Communion?

#### His Suffering and Death for Our Sins

Let's read 1 Corinthians 11:24. Jesus took of the bread and said, "This is My body, which is broken for you; do this in remembrance of Me." Then, taking the cup, Jesus continued, "This cup is the new covenant in My blood. This do, as often as you drink it, in remembrance of Me."

Jesus asked us to remember Him when we eat the bread and drink the juice. What should we remember about the Lord? We should remember how Jesus sacrificed His body and shed His blood to cleanse us from our sins.

Jesus knew that Judas was going to betray him, and that His life was going to end soon. He wished for the disciples to observe Holy Communion to remember His sacrifice for them.

After the Last Supper and a prayer in the garden of Gethsemane, Jesus was delivered into the hands of the enemies and arrested. They mocked, beat, whipped, and spat on Him. Furthermore, His enemies fashioned a crown made of thorns and forced it on His head. Blood flowed from the wounds that covered Him head to toe. Throughout the entire night, Jesus was tried and judged by the rulers of the people. Although Jesus was blameless, they still found Him guilty and sentenced Him to death.

The next day, the people forced Jesus to carry His own cross to Golgotha, the site of His crucifixion. Exhausted and weak from the beatings and lack of sleep, Jesus fell many times during His march to Golgotha. The Roman soldiers eventually forced a man named Simon to carry the cross for Jesus the rest of the way. At Golgotha, the Roman soldiers nailed Jesus to the cross using very long nails. The pain was exceedingly great. While Jesus hung on the cross in agony, the people below laughed and mocked Him. Jesus' disciples had all fled. He was alone.

Jesus endured the pain and suffering because He loves us dearly. When we partake of the Holy Communion, we need to remember the love and sacrifice of our Lord Jesus.

### **What do we eat and drink during Holy Communion?**

#### **I. One Piece of Unleavened Bread: The Body of Jesus**

During the meal, Jesus took the unleavened bread, broke it, and said to His disciples, "Take it and eat; this is My body."

How can the bread be Jesus' body? After the bread is blessed and consecrated in the name of Jesus, the bread becomes Jesus' body spiritually. Even though it still looks like bread, it has been spiritualized into the flesh and body of the Lord Jesus.

##### a. Unleavened

Leaven is also known as yeast. Yeast is added to dough to make it rise. When dough with yeast is baked, it is soft and fluffy like the bread we buy at bakeries. Many people commonly eat this fluffy bread every day. However, this is not the kind of bread used during Holy Communion.

During Holy Communion, we eat unleavened bread. This type of bread does not contain yeast, as it is made with only flour and water. According to the Bible, yeast represents sin. Jesus' body is holy and without sin. If the Holy Communion bread represents Jesus, it cannot have sin, which means it cannot have yeast (i.e., leaven).

Before we eat the unleavened bread, we must first examine ourselves to see if we have sinned. If we have, then we must repent and ask God to forgive us. Only then can we eat of Jesus' body.

##### b. Only One Piece of Bread

Jesus only had one body; therefore, only one piece of bread is used for Holy Communion. Even if a large congregation has gathered, the church still uses only one piece of bread because we are one body in Christ. This reminds the members that we must be united through love and fellowship.

#### **II. Grape Juice: The Blood of Jesus**

After it has been consecrated, the grape juice becomes the blood of our Lord Jesus. He shed this blood for our sins. Other churches may use wine, but this is not biblical. Wine is made with yeast, which represents sin. Therefore, during

the Holy Communion, we use grape juice, which does not contain yeast.

The grape juice also represents the new path to salvation (i.e., the new covenant) that Jesus opened through His blood (Lk 22:20). To follow this new path to salvation, we must be baptized, have our feet washed, and receive the Holy Spirit. If we do these things, we will be saved.

##### Receiving Eternal Life

Jesus promised that those who partake of His flesh and blood would have eternal life. Therefore, when we partake of Holy Communion, we are allowing ourselves to be part of that promise. When Jesus comes again, those who have died and are saved will resurrect and be taken into heaven to be with Him. Thus, if we observe Holy Communion, remember the Lord's death, and keep our faith until Jesus comes again, He will bring us to heaven to be with Him forever.

##### Having a Part with the Lord Jesus

Holy Communion enables us to have a part with the Lord. When we eat of the flesh and blood of the Lord Jesus, His life is in us. This means that the Lord Jesus abides in us. Furthermore, since the members all belong to Christ's body, we are one with our brothers and sisters, too. Holy Communion is a fellowship with Jesus and the members of Jesus' body, so those who have not yet been baptized in the True Jesus Church may not partake of the bread and cup.

##### **How should we partake of the Holy Communion?**

The flesh and blood of Jesus are sacred and precious. We must partake of it with the correct attitude.

##### Be Holy

Holy Communion is a communion between Jesus and the members of the church. Jesus is sinless and His church is sinless. When we participate in Holy Communion, we must examine ourselves to see if we have sinned. If we have done wrong, such as lying, arguing, or fighting, we need to repent. In the church in Corinth, there were believers who treated the body and blood of Christ as something common. They ate of His body and blood without repenting for their sins. As a result, God punished them with sickness and death. If we have sins, we must repent and ask Jesus to forgive us before partaking of the Holy Communion.

##### Be Respectful

The bread we eat and grape juice we drink during the Holy Communion are not ordinary items; they are the flesh and blood of our Lord Jesus. Therefore, we cannot treat them as common bread and juice; we must treat them with reverence. There are testimonies of brothers

and sisters who laughed and fooled around during Holy Communion. They forgot that they were eating and drinking the body and blood of Jesus Christ. As a result, God disciplined them (refer to the testimonies in this lesson). We should always be reverent when observing the Holy Communion.

### Be Thankful

Since the Lord Jesus gave up His life and blood to save us, we should partake with a thankful heart. We need to give thanks to God for His great love and sacrifice from the bottom of our hearts.

## CHECK FOR UNDERSTANDING

1. After Jesus consecrated the unleavened bread, it was the body of the Lord Jesus in spirit. True.
2. The bread used in Holy Communion contains yeast. False.
3. If there are a lot of members attending Holy Communion, we may use more than one piece of bread. False.
4. We can use wine for Holy Communion. False.
5. We observe Holy Communion to remember how the Lord Jesus suffered and died for us on the cross. True.
6. The believers in Corinth fell sick and died because they ate the wrong kind of food. False.
7. If we observe Holy Communion, Jesus abides in us and we will have eternal life. True.
8. Before partaking of Holy Communion, we do not need to examine ourselves or repent of sins. False.

## MEMORY VERSE PRACTICE

Please reinforce the memory verse every week.  
You can practice the memory verse with your students anytime during class.

**"Whoever eats My flesh and drinks My blood has eternal life, and I will raise him up at the last day." (John 6:54)**

## HOMEWORK ANSWER KEY

1. True
2. False
3. True
4. True
5. False
6. B
7. C
8. B
9. C
10. "Whoever eats My flesh and drinks My blood has eternal life, and I will raise him up at the last day."  
(John 6:54)

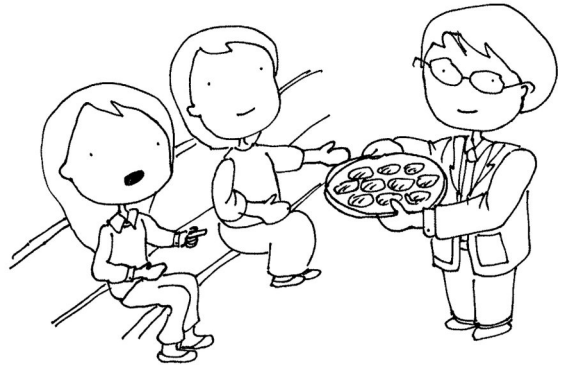
## SPIRITUAL TEACHING & LIFE APPLICATION

### Testimonies

#### Testimony 1

Once, there was a visitor who came to the church during Holy Communion. Since she had not been baptized, she was not permitted to partake of the bread and the grape juice. While she sat in the chapel watching, God opened her eyes. She saw that instead of unleavened bread being given to the members, pieces of meat were being given. She asked a member why pieces of meat were being served.

This testimony demonstrates that after the pastor consecrates the bread and the grape juice, they become the spiritual body and blood of Jesus Christ.



#### *Discussion*

1. How did God open the eyes of the visitor? (She saw pieces of meat instead of unleavened bread.)
2. Does this mean that we are eating pieces of meat during Holy Communion? (No, the bread and juice still remain bread and juice during Holy Communion. We are not eating Jesus' physical body or drinking His actual blood.)
3. During consecration, when the pastor blesses the bread and the juice, what happens to the unleavened bread and grape juice? (With the presence of the Holy Spirit, the bread and the juice become the flesh and blood of Jesus Christ in the spirit—Mt 26:26-27; 1 Cor 11:27; 10:16)



#### Testimony 2

Once, a young brother was partaking of Holy Communion with an irreverent attitude. He took the bread, tossed it in the air, and tried to catch it in his mouth like it was popcorn. God was greatly displeased with his attitude. God allowed demons to possess this brother. The demons tormented him for a month. Every day, the brother went to church and asked the pastor to pray for him so the demons would leave him. God eventually had mercy on this brother and the demons left him.

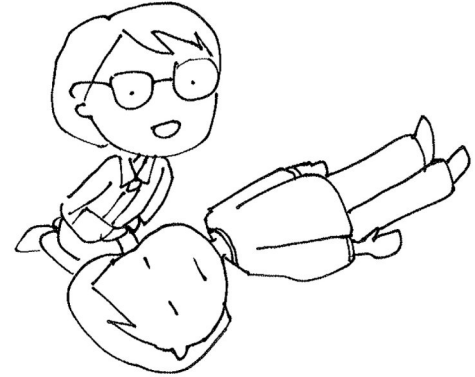
There was another brother who also was being disrespectful during Holy Communion. He, too, tossed the bread and tried to catch it in his mouth. This time, God caused the bread to get stuck in the brother's throat. For 30 minutes, the brother could not cough it up or swallow it. He became very frightened. He understood that this was God's punishment, so he repented and asked for God's forgiveness. God eventually had mercy on him and helped him recover.

#### *Discussion*

1. In both testimonies, why was it wrong for the brothers to throw the bread in the air and catch it in their mouths? (It showed that the brothers did not respect the body of Christ. They treated Holy Communion as something common and partook of it in an unworthy manner.)
2. How did God show that He was displeased with the brothers? (God disciplined both brothers severely so that they would remember not to do it again.)
3. How can we respectfully partake of Holy Communion? (We need to understand that the bread and grape juice used in Holy Communion are Jesus' flesh and blood. Therefore, we need to partake of it with a holy, solemn, and thankful heart.)

Testimony 3

A believer, who had committed a very serious sin, took the Holy Communion without examining himself and repenting. Immediately after eating the bread and drinking the grape juice, he died. The pastor saw this and asked the congregation to pray for this brother. After the prayer, the brother was resurrected. The pastor approached the brother and told him to confess his sins. The brother confessed that he had sinned greatly against God.

*Discussion*

1. Why did the brother die after partaking of Holy Communion? (He did not prepare and examine his heart beforehand. The Lord's body and blood are holy. Therefore, we need to make sure that we are without sin when we partake of it.)
2. How do we examine ourselves before partaking of Holy Communion? (We look into our hearts to see if we have sin within us. If so, we need to repent, ask God for forgiveness, and be determined to stay holy.)
3. Why is it important for us to examine ourselves and repent before partaking of Holy Communion? (The bread and grape juice are the Lord's flesh and blood. They are different from ordinary food, as they are holy. Those who eat the body and blood without examining themselves will be judged and disciplined by God.)

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## ACTIVITY

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1

**Making the Holy Communion Bread and Juice**

**Objective:** To let students know more about the food they eat during Holy Communion.

**Ingredients**

- 3 cups flour
- $\frac{3}{4}$  cup boiling water
- $\frac{3}{4}$  cup cold water
- 1 bag of red seedless grapes

**A. Unleavened Bread****Directions**

1. Gradually pour the boiling water into the flour and mix well. Use a utensil to avoid getting burned by the hot water.
2. Knead the dough with your hands.
3. If the dough is too dry, add some cold water to the dough. If dough is too wet, add more flour.
4. Continue to knead the dough until it is smooth and not sticky.
5. Form the dough into a ball. Cover the dough with a wet paper towel or place it in a Ziploc bag.
6. Let the dough sit for about 10-15 minutes. (Teacher: While the dough is resting, demonstrate how to make the grape juice.)
7. Bring out the dough and flatten the dough ball into a circle about  $\frac{1}{4}$ " thick.
8. When the pan is hot, place the dough on the pan. Do not add salt or oil to the bread. Turn the heat down to low and allow the bread to cook evenly on each side. Check to see if the dough has been cooked completely.
9. Transfer the cooked bread onto a plate and allow it to cool.

Note: If students are involved in making the dough, the teacher can start the kneading and then divide the dough up for the students to finish making their own unleavened bread. Cook the small pieces of bread together in the pan.

**B. Grape Juice****Directions**

1. Wash the grapes, making sure to get rid of any rotten grapes. Remove the excess water.
2. Put the grapes through a juicer and collect the juice in a cup.
3. If a juicer is not available, dice the grapes into very small pieces and use a cheesecloth to strain the grape juice into a cup.
4. Pour the grape juice into little cups to serve.

E1 Year 3 Book 4 Lesson 10—The Sacrament of Holy Communion

# Homework Assignment

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

**Bible Truths:** 1. Jesus commanded us to eat His flesh and drink His blood to have eternal life.  
 2. Jesus commanded us to observe Holy Communion in remembrance of His death.

**Lesson Objectives:** 1. To understand that the bread and cup is the actual flesh and blood of the Lord Jesus in the spirit.  
 2. To realize that we observe Holy Communion to remember Jesus' death.  
 3. To know the importance of partaking the Holy Communion with a reverent attitude.

**Bible Reading:** Please put a checkmark in the space when you complete the reading each day.

**Prayer:** Please put a checkmark in the space on the days you prayed to God.

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Bible Reading							
Prayer							

## Memory Verse

Please write down this week's memory verse.

(John 6:54)

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## What I Learned from the Bible This Week

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

# Homework Assignment

*Understanding What You Have Learned*

## True or False

1. During consecration, Jesus sanctified the unleavened bread so that it was spiritually the body of Christ. \_\_\_\_\_
2. If there are many members attending Holy Communion, we may use more than one piece of bread. \_\_\_\_\_
3. We use unleavened bread because yeast represents sin and Jesus is sinless. \_\_\_\_\_
4. The grape juice is spiritually the blood of Jesus after receiving consecration. \_\_\_\_\_
5. Before partaking of Holy Communion, we do not need to examine ourselves for sin. \_\_\_\_\_

## Multiple Choice

6. \_\_\_\_ : The purpose of Holy Communion is to remember \_\_\_\_\_.
  - a. How the Lord Jesus suffered and died for us on the cross
  - b. The Lord's birthday
  - c. How the Lord was baptized
7. \_\_\_\_ : For the Holy Communion, we use \_\_\_\_\_.
  - a. Store-bought bread and grape juice
  - b. Unleavened bread and wine
  - c. Unleavened bread and grape juice
8. \_\_\_\_ : Some of the believers in Corinth church became sick and died, because \_\_\_\_\_.
  - a. They ate rotten food
  - b. They did not repent of their sins and partook of Holy Communion in a disrespectful manner
  - c. They caught a terrible disease
9. \_\_\_\_ : If we partake of the Holy Communion, then \_\_\_\_\_.
  - a. We have a part with Christ
  - b. We will have eternal life
  - c. Both A and B

## Short Answer

10. Write out this week's memory verse.
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