

13



THE BREAD OF LIFE

The Sacrament of Holy Communion

YEAR 2 – KINGDOM LIFE

UNIT 4: KINGDOM FOOD

1 | Teacher's Notes

Scripture

John 6:22 - 59

Objectives

To explain that

- Today's lesson is about Kingdom food.
- Holy Communion is a sacrament. A sacrament is an outward and visible sign of an inward and spiritual grace. Bread and wine is the outward and visible sign in Holy Communion (also called the Lord's Supper or the Eucharist).
- In Holy Communion the inward and spiritual grace is that we receive the body and blood of Jesus. We meet with Jesus and receive his life into us in a special way. We remember Jesus' sacrifice on the cross and receive forgiveness for our sins. We are reminded that we are part of God's family.
- God uses the outward and visible sign to help us know that we received the inward and spiritual grace.
- In God's Kingdom our spiritual food is God's Word, the Bible, and Holy Communion. These things strengthen us and help us grow spiritually so we become more like Jesus.

Memory Verse

"Anyone who eats my body and drinks my blood remains in me. And I remain in them. (John 6:56 NIRV)

ACNA

Catechism

Connections

Today's lesson of The Bread of Life is connected to the following Catechism questions:

Q 121 What is a sacrament? A sacrament is an outward and visible sign of an inward and spiritual grace. God gives us the sign as a means by which we receive that grace, and as a tangible assurance that we do in fact receive it.

Q 123 What sacraments were ordained by Christ? The two sacraments ordained by

Christ that are “generally necessary to salvation” are Baptism and Holy Communion (also called the Lord’s Supper and the Holy Eucharist).

Q131 Why did Christ institute the sacrament of Holy Communion? ... for the continual remembrance of the sacrifice of his atoning death, and to convey the benefits of that sacrifice to us.

Q132 What is the outward and visible sign in Holy Communion? The visible sign is bread and wine, which Christ commands us to receive.

Q133 What is the inward gift signified? ... the Body and Blood of Christ, which are truly taken and received in the Lord’s Supper by faith.

Q134 What benefits do you receive through partaking of this sacrament? As my body is nourished by the bread and wine, my soul is strengthened by the Body and Blood of Christ. I receive God’s forgiveness, and I am renewed in the love and unity of the Body of Christ, the Church.

**Suggested
Materials,
Props, and
Costumes****Big story props:**

- Large Bible
- Kingdom Life storyboard (see photo)

Lesson Props: (see Props Document for instructions on how to make these)

- Large word cards: "SACRAMENT", "OUTSIDE – VISIBLE", "INSIDE – SPIRITUAL", equals sign
- Plate with small loaf of bread and goblet with grape juice. Also extra juice and slice of bread. Cut the extra bread into small pieces and put on a different plate and pour a small amount of juice into each paper cup - one for each child. Prepare this ahead of lesson.
- A small paper cup for each child (for the juice).
- Holy Communion heart poster (see props document)
- Preparation for Communion Prayer (see props document)
- Storyboard symbol: Picture of bread and wine

Posters: Year 1 Kingdom Story: Lesson #21 – The Lord's Supper.

Memory Verse: "Anyone who eats my body and drinks my blood remains in me. And I remain in them. (John 6:56 NIRV)

(Found on the last page of this lesson plan) Print out and place in large Bible.

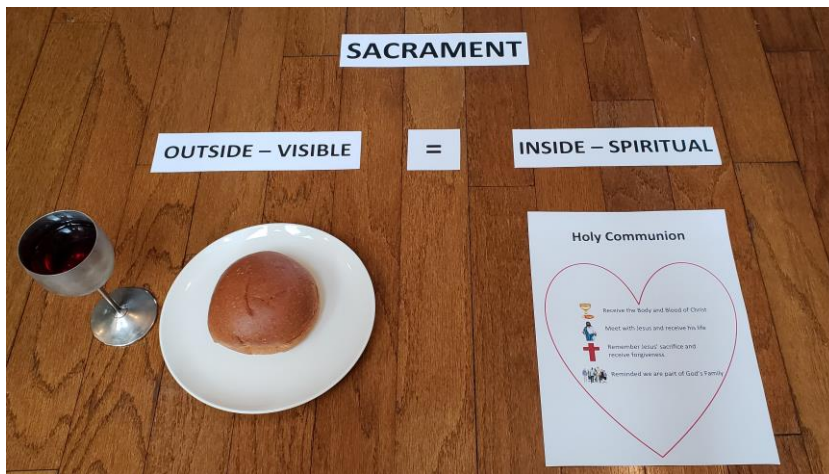
2 | Lesson Outline:

Welcome	As the children arrive ensure each one is personally welcomed and everyone knows each other's name.
Greeting & Collect for Purity	Light the candles Say the Greeting and Collect for Purity (<i>see Resource Section</i>)
Prayer of Confession	Say the Prayer of Confession (<i>see Resource Section</i>) Extinguish the candles
Music	The Doxology (Praise God from Whom All Blessings Flow) Behold the Lamb (Communion Hymn) – Stuart Townend Eat This Bread - Jacques Berthier Remembrance – Matt Maher/Matt Redman <i>Please check internet for lyrics and music.</i>
Review of foundations	Choose from the following as appropriate: The Lord's Prayer, The Apostles Creed, The Ten Commandments or The Greatest Commandment. <i>For more information on how to teach these, see Resource Section</i>
Reading	Memory verse (Printed out and placed in large Bible – invite older child to read)
Story Board Review	Ask review questions relating to props from previous lessons on story board. <i>Story board review is found in Section 4</i>
Props/Costumes	Take a few moments to arrange the narrator and actors. (Props should already be set up prior to the start of the class.) Big story props: Large Bible, Kingdom Life storyboard
Bible Story	<i>Proceed with story and questions found in Section 4.</i>
Related activities	<i>After the story, proceed with related activities found in Section 5.</i>
Preparation for Communion & leaving class	Gather the children together for the Preparation for Communion prayer before exiting the classroom. <i>See Resource Section.</i>

3 | Storyboard Progression



This is how the storyboard should look at the **start** of the lesson.



This is how the sacrament teaching should look.



This is how the Kingdom Food section should look at the **end** of the lesson. Leave the storyboard like this for next week.

4 | Story and Questions

SETUP: *Set up two teaching stations. One with the Kingdom Life storyboard and one for the sacrament teaching. Start the lesson at the second station for the sacrament teaching.*

BIBLE: *Hold up the Bible and say: 'Today's lesson is from the Bible, and it is about Kingdom Food.'*

STORY: *(See photo above for placement of the different props)*

TEACHER: *(Hold up picture of the Lord's Supper)* Who can remember the time when Jesus had the Last Supper with his disciples? It was the night before Jesus was crucified. Jesus gave his disciples a piece of bread and a sip of wine.

This is called the **sacrament** of Holy Communion. It can also be called the Lord's Supper or the Eucharist. *(Place the word "Sacrament" down.)*

Do you remember what the word "sacrament" means? *(Put the "equals" sign below "sacrament" as shown in above photo)*

The word "sacrament" means that God uses something visible that is **outside** of us *(put "outside - visible" card down)*, to bring his spiritual life **inside** us *(put the "inside - spiritual" card down)*.

ACTION: *Bring out the plate with bread and the goblet of grape juice. Point to the bread and juice as you say:*

TEACHER: In Holy Communion, the outside visible thing God uses is bread and wine.

This bread is just normal bread and instead of wine we have grape juice. The bread and juice we have here is **not** Holy Communion because it has not been blessed by the priest.

You can see and touch the bread and wine, and when you eat and drink it, you can feel it going into your body.

ACTION: *First, invite the children to take a piece of cut bread. As the children eat the bread, talk about how we can feel and taste the bread. Then, ask the children to take a cup of juice. As the children drink the juice, talk about how we can feel it*

go into our bodies.

TEACHER: What do we normally use bread and juice for? *(Take suggestions from the children.)*

Yes, bread and juice (or wine) are food and drink for our body, but when we take Communion, God also uses the bread and wine as food and drink for our soul, our inner being. Jesus said: "I am the Bread of Life." Jesus said the bread was his body and the wine was his blood. *(Point to bread and juice.)*

In the sacrament of Holy Communion, the outside visible thing God uses is the bread and the wine *(place the bread and juice on the floor below the words "outside - visible".)*

There are four (4) spiritual things that happen inside us in Holy Communion *(place the large picture of heart below the words "inside - spiritual" and point to the words).*

1. We **receive the Body and Blood of Christ**. When the priest blesses the bread and the wine, they become for us the body and blood of the risen Jesus.
2. We **meet with Jesus and receive his life** into us in a special and mysterious way.
3. We **remember Jesus' sacrifice and receive forgiveness** for our sins, and
4. We are **reminded that we are part of God's family** because it is something we do together.

(Hold up Preparation for Communion prayer.) This is the prayer we say in Sunday school to prepare us for receiving Holy Communion. Let's say this prayer together now:

Leader Father God, we ask you to send your Holy Spirit to prepare us now to receive the body and the blood of our Lord Jesus Christ.

All **We praise you, we bless you, we give thanks to you.
And we pray to you, Lord Jesus,
Be known to us in the breaking of the bread.
Amen.**

Leader Let us go now to the table of our Lord.

TEACHER: When we take Communion, we are receiving food for our soul through the body and blood of Jesus. When we feel the bread and the wine going into our body, it helps us know and remember that God is doing a work inside us.

Let's go over to our storyboard and put down our symbol for Holy Communion.

ACTION: *Have everybody sit down by the storyboard and place the Communion symbol below the Bible on the storyboard.*

TEACHER: In God's Kingdom, our spiritual food is the Bible which is the Word of God (*point to Bible on storyboard*), and Holy Communion (*point to Communion symbol*), which is the body and blood of the risen Jesus. These things strengthen us and help us grow spiritually so we become more like Jesus.

Life Application Prayer:

TEACHER: Next time you receive the Eucharist, or receive a blessing by the priest, remember that Jesus wants to meet with you there. Imagine that he is right there with you, because he really is, and he wants to fill you with his life and love. He wants to strengthen you in all good things. Jesus is glad that you are there with your church family remembering him and celebrating this special meal with him.

Let's pray: Heavenly Father, we thank you that through Holy Communion we can meet with you and receive your life into us, we can remember your sacrifice and receive forgiveness of sins. Thank you that we can be part of your family. Amen.

SUGGESTED QUESTIONS:

- **What does this lesson tell us about Jesus?** (The body and blood of Jesus received through the bread and wine of Holy Communion is spiritual food for our souls.)
- **What does the word sacrament mean?** (It means that God uses something visible that is outside of us to bring his spiritual life inside us.)
- **Why does God use an **outside** visible thing to bring his life **inside** us?** (Because that makes it easier for us to know for sure that we received his life.)
- **Is Holy Communion a sacrament?** (Yes)
- **Are there other words we can use for Holy Communion?** (Yes, the Lord's Supper or the Eucharist)
- **What is the outside visible thing that God uses in Holy Communion?** (Bread and wine)
- **What are the 4 spiritual things that happen inside us in Holy Communion?** (We receive the body and blood of Jesus. We meet with Jesus and receive his life into us in a special way. We remember Jesus' sacrifice and receive forgiveness. We are reminded that we are part of God's family.)
- **Is Holy Communion spiritual food in the Kingdom of God?** (Yes)
- **What else is spiritual food for us?** (God's Word. The Bible)

5 | Response Activities

Kingdom News handout and colouring supplement

- Have the children complete the activities in the Kingdom News handout and colouring supplement.

Optional activities

- Different learning stations, such as: a book table, modelling clay, colouring papers

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blood remains in me.
And I remain in them.

(John 6:56)