

# Holy Communion

Outside - visible

SACRAMENT

Inside - spiritual



Receive body and blood of Christ



Meet with Jesus and receive his life



Remember Jesus' sacrifice and receive forgiveness



Reminded we are part of God's family

# Lesson 13: *The Bread of Life* (Condensed Version)

Saint Matthew's Anglican Church Children's Ministries

THE SACRAMENT OF HOLY COMMUNION (Scripture: John 6:22-59)

Year 2. Kingdom Life  
Unit 4: Kingdom Food

**Objectives:** To explain that: \*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. \*The inward and spiritual grace is that we receive the body and blood of Jesus, meet with Jesus, and receive his life into us, remember Jesus' sacrifice, 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.

**"I Wonder" Questions:** \*What do you see in this picture? \*I wonder why it says "outside visible" and "inside spiritual". \*I wonder what the word "sacrament" means. \*I wonder why we take Holy Communion. Let's find out more in our lesson...

**Lesson Props:** Bible, plate w/bread, goblet w/grape juice (Optional: Pieces of bread and small cups of juice for children). Prayer on page 3.  
**Lesson Summary:** 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 the Lord's Supper, the Eucharist, or Holy Communion. *(Point to words and symbols on poster during lesson)* Do you remember what the word "sacrament" means? *(Children respond)* The word "sacrament" means that God uses something visible that is **outside** of us, to do something spiritual **inside** us. In Holy Communion, the outside visible thing God uses is bread and wine. *(Point to real bread and cup of juice)* 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. *(Optional: 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.)* Bread and juice (or wine) are food and drink for our body, but when we take Holy Communion, God also uses the bread and wine as food and drink for our soul, our inner being. *(Point to bread and juice)* Jesus said: "I am the Bread of Life." Jesus said the bread was his body and the wine was his blood. *(Point to bread/wine on poster)* In the sacrament of Holy Communion, the **outside** visible thing God uses is the bread and the wine. There are four (4) spiritual things that happen **inside** us in Holy Communion: **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 on pg.3)* This is the prayer we say in Sunday school to prepare us for receiving Holy Communion. Let's say this prayer together now: *(Read prayer)* 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. In God's Kingdom, our spiritual food is the Bible which is the Word of God *(hold up Bible)*, and Holy Communion *(point to bread and wine)*, 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.

**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.) \***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 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.)

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

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.

Back of page 3

Year 2 - Lesson 13 – The Bread of Life