

# ***SACRAMENTS IN ACTION: LORD'S SUPPER***

---

## ***Intro Questions***

1. What sticks out to you about the DVD?
2. Say one thing you learned in the DVD that you didn't know before.
3. Why do zits appear on your face at the worst possible time?
4. If you are what you eat, what are you when you eat the Lord's Supper?
5. How is the Lord's Supper a big deal now? What difference does it make today in your life?

## ***Bible Stuff***

Read Exodus 13.6-8

What does Moses tell the people to tell their children when they ask about this meal?

What did the Lord do for the people when they came out of Egypt?

How is this like the Lord's Supper?

Read Matthew 4.1-4

What does the tempter say to Jesus, and what does Jesus say back?

By what do we live?

How is this like the Lord's Supper?

What would your life look like if you were to consume God's Word as much as you consume bread?

Read John 6.35-37

Who is the bread of life?

How is this bread different than the loaf you buy at the store?

How is this like the Lord's Supper?

Read I Corinthians 11.23-26

Do you recognize these words? From where?

From whom did Paul receive these words?

Whose words are they?

What's the promise in these words?

How is this like the Lord's Supper?

Read I Corinthians 10.16-17

What's being shared here?

How many people usually take part in the Lord's Supper at your church?

In how many 'breads' do all those people partake, according to this text?

How many 'bodies' are all those people, according to this text?

Read I Corinthians 11.20-21

Why is Paul upset with the Corinthians?

How should they (and we) be sharing the Lord's Supper (clue: verse 33)?  
What meals happen in our world today that leave people out?  
Who is invited to the Lord's Supper?  
Who would you invite to this Supper and how?

### ***How do I know?***

Gather strong smelling spices, flowers, or foods. Place each item in a small brown paper bag and number each bag. Leave one bag empty. Have participants go through the line of bags, smelling the items without looking. On a piece of paper, have participants write down what they think each item is. When they get to the empty bag, they might write, "I don't know." Be sure they don't look inside.

*Read John 1.14. The Word became flesh for us so we can know God through Jesus. In the Lord's Supper, God comes to us through our senses and is present with us even inside ourselves! 'You are what you eat' indeed!*

### ***Lord's Supper Recipe***

Bring in a storebought loaf of bread with nutrition information printed on the package. Have the group put together a general recipe for making bread (if they're young, their best guess is fine) by naming ingredients, directions, prep time, cook time, and servings. Jot it all down on a dry erase board. Hand out the Lord's Supper Recipe included, and compare and contrast the two recipes. Compare and contrast the two nutrition information boxes. *Read Matthew 4.4 to remind the group that the Lord's Supper is not just bread, but bread with God's Word.*

### ***Yurt Circle***

Have the group stand in a circle. The leader should be part of the circle if the group makes an odd number of people. The leader should stay in the middle if the group is already an even number of people. Have the group number off by 1's and 2's. The group should hold hands, and remaining straight (not bending at the waist), on cue, the 1's should lean forward and the 2's should lean backward. Leader should cue the group to stand straight again. Repeat with 1's leaning back and 2's forward. *Read I Corinthians 12.12-13 and 25-26 to remind the group that we are each individual members in the one body of Christ. If one were to fall, the whole body would fall.*

### ***Playdough Memory Retention Tools:***

Divide class into 4 groups and give each group a softball sized (or larger) amount of Playdough. Assign each section one of the 4 questions from the Small Catechism relating to the Lord's Supper. Have each group read the Key Bible Verse (KBV) and the response to its question in the Catechism. Each group then sculpts a Playdough Memory Retention Tool (PMRT): a visual representation of the material in its section. Encourage groups to be crazy and creative! When all four groups are finished, have each group explain its sculpture, and have everyone draw a simple picture of it on the paper included.

Group One: What is Holy Communion?

KBV: Matthew 26.26-28, Mark 14.22-24, Luke 22.17-20, I Corinthians 11.23-26

Group Two: What benefits do we receive from this sacrament?

KBV: Matthew 26.26-28

Group Three: How can eating and drinking do all this?

KBV: Matthew 26.26-28

Group Four: When is a person rightly prepared to receive this sacrament?

KBV: Matthew 26.26-28

## *Quiz*

1. Jesus instituted the Lord's Supper because
  - a. He and the disciples were starving
  - b. He wanted a meal named after himself
  - c. He wanted the disciples to remember him and his promises
  - d. We need Jesus' presence still with us today
  - e. The local merchant had a good sale on wine and bread(c, d)
2. In the night in which he was betrayed, our Lord Jesus
  - a. Threw a party
  - b. Became sad and wanted to be left alone
  - c. Told the disciples he wished he'd done things differently in his life
  - d. Took bread, gave thanks, and gave it to his disciples
  - e. Stewed about how unfair life is(d)
3. The words of institution
  - a. Can only be spoken by a pastor or priest, or else orange smoke will start rising from the bread
  - b. Are the words of command and promise Jesus said on the night in which he was betrayed
  - c. Are words of life and forgiveness that strengthen us to live a life of love toward God and neighbor
  - d. Come from the Bible
  - e. Don't matter very much(b, c, d)
4. Faith is
  - a. something I have to make myself have in order to receive the Lord's Supper
  - b. A gift from God who is faithful and just, slow to anger and abounding in steadfast love
  - c. A gift from God, and all I need to receive the gifts of the Lord's Supper
  - d. Something for people who don't use their brains
  - e. Trust in God and God's promises with my whole life and self(b, c, e)

5. The body and blood of Christ are
  - a. For people who work hard to earn them by being good
  - b. On sale at the Mall of America
  - c. Given and shed for you
  - d. Just a snack
  - e. A big-deal meal that strengthens us for daily life(c, e)
  
6. The following people may participate in the Lord's Supper
  - a. Bad people who never think of others
  - b. People who don't look or dress alike and who don't speak the same language
  - c. Sinners who need the grace of Jesus
  - d. People who are different than I am
  - e. The whole communion of saints(all of the above)
  
7. If the bread falls on the floor or the wine spills when I'm drinking,
  - a. Jesus' promise is broken
  - b. I should say sorry, because it hurts Jesus
  - c. I should pick it up fast and eat it, or wipe it up fast so no one sees
  - d. I should leave it alone – it's doesn't change God's promise for me
  - e. I should yell, "Help!"(d)
  
8. Where there is forgiveness of sin, there is also
  - a. Peace and prosperity
  - b. Life and salvation
  - c. Anger and bloodshed
  - d. A pastor or a priest
  - e. Death and destruction(b)
  
9. We are ready to receive the Lord's Supper when
  - a. We need God's grace and forgiveness
  - b. We are sure we're better than other people
  - c. We get up early on Sunday mornings
  - d. We trust the promise of God
  - e. We fast and pray for at least 3 days(a, d)
  
10. We have need of God's grace and forgiveness
  - a. Only on Sundays
  - b. Only where there's a pastor around
  - c. Always and everywhere to strengthen us to love God, the world, and our neighbor
  - d. Only when things go really bad in life
  - e. Only in church(c)