

Lesson 21 - Means of Grace: Sacraments – Holy Communion

Goals – The children will know:

- What is the greatest Sacrament in the Church
- What do these names mean
- What is Confirmation
- What does confirmation give
- When did the Lord's Supper begin
- What did Jesus say
- Where in Scripture does Christ institute and command the Sacrament of Holy Communion
- Who partakes of this Sacrament
- What does Holy Communion signify
- What is required of those who come to the Holy Communion?

Question: Why was the Sacrament of the Lord's Supper ordained?

Answer: For the continual remembrance of the sacrifice of the death of Christ, and of the benefits which we receive thereby.

Question: What is the outward part or sign of the Lord's Supper?

Answer: Bread and Wine, which the Lord hath commanded to be received.

Question: What is the inward part, or thing signified?

Answer: The Body and Blood of Christ, which are spiritually taken and received by the faithful in the Lord's Supper.

Question: What are the benefits whereof we are partakers thereby?

Answer: The strengthening and refreshing of our souls by the Body and Blood of Christ, as our bodies are by the Bread and Wine.

Question: What is required of those who come to the Lord's Supper?

Answer: To examine themselves, whether they repent them truly of their former sins, steadfastly purposing to lead a new life: have a lively faith in God's mercy through Christ, with a thankful remembrance of his death; and be in charity with all men.

Scripture:

John 6:35 – “And Jesus said unto them, I am the bread of life: he that cometh to me shall never hunger; and he that believeth in me shall never thirst.”

I Corinthians 10: 16,17 – “The cup of blessing which we bless, is it not the communion of the blood of Christ? The bread which we break, is it not the communion of the body of Christ? For we being many are one bread, and one body: for we are all partakers of that one bread.”

Instruction:

(Lesson could be taught in the church to incorporate the lesson and also the first activity)

What is the greatest Sacrament in the Church? The greatest Sacrament in the Church has many names—the Lord’s Supper, the Holy Communion, the Holy Eucharist.

What do these names mean? It is called the Lord’s Supper (not the Last Supper) because in it we are guests of the Lord, and he feeds and sustains us with his own body and blood. It is called Holy Communion, because “The cup of blessing which we bless, is it not the communion of the blood of Christ? The bread which we break, is it not the communion of the body of Christ?” (1 Corinthians 10:16). It is called the Eucharist, because in it we offer God a sacrifice of praise and thanksgiving for all his benefits to us in Christ.

What is Confirmation: Confirmation is administered to those who have been baptized, have come to years of discretion, and have received instruction in the faith.

What does confirmation give? Confirmation is conferred by a bishop’s laying on of hands with prayer for the gifts of the Spirit. It makes those who are baptized “strong” (“firm”) in the spiritual life that began in baptism.

When did the Lord’s Supper begin? Like Baptism, the Lord’s Supper was ordained, commanded, and instituted by Christ. He instituted the Lord’s Supper and the Last Supper, the night before he died. The Lord’s Supper does not commemorate the Last Supper, but rather the death of Christ on the cross.

What did Jesus say? Take, eat, this is my body: do this in remembrance of me. Drink ye all, of this, for this is my blood of the new testament, which is shed for you and for many for the remission of sins. Do this, as oft as ye shall drink it, in remembrance of me.

Where in Scripture does Christ institute and command the Sacrament of Holy Communion? St. Matthew 26:26-28, St. Luke 19:20; also, see I Corinthians 11:23.

Who partakes of this Sacrament? Christians who have been baptized, have come to years of discretion, (that is, old enough to understand what it's all about) and have received instruction in the faith.

What does Holy Communion signify? It commemorates the death of Christ upon the cross for our redemption (taking our sins away), and it signifies the “communion” and fellowship that we have with God and with one another in Christ in virtue of his sacrifice. The Bread and Wine signify and make present the Body and Blood of Christ crucified and risen; the unity of the Body of Christ (because just as many grains are made one loaf and many grapes one cup of wine, so we being many are one body in Christ); and it is a foretaste of the heavenly banquet.

What is required of those who come to the Holy Communion? Repentance, thankful faith, and charity (love for God and neighbor).

Prayer:

(Hymn # 196)

Bread of the world, in mercy broken, Wine of the soul, in mercy shed, By whom the words of life were spoken, And in whose death our sins are dead: Look on the heart by sorrow broken, Look on the tears by sinners shed; And be thy feast to us the token, That by thy grace our souls are fed. Amen.

Activity:

Take the children to the church to view the Altar, and to discuss and answer their questions concerning Holy Communion.

Remind them that they have been coming to the Altar to receive a blessing since they were very small, and that they will receive Holy Communion after they are Confirmed by the Bishop, usually in sixth grade. You may

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want to point out the various elements in the sanctuary that are used in Holy Communion and name them for the children.

The Altar and kneeling rail

The Reserved Sacrament

The *Order for Holy Communion* in the Prayer Book, beginning on Pg. 67.

Other Activity or in addition to:

Continue sacraments game, or any other game from this year.