

Remembering

A LARGE GROUP/SMALL GROUP (K-5)
SESSION ON THE LORD'S SUPPER



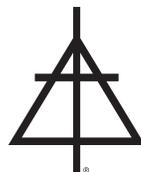
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Christian Reformed Church
**Faith Formation
Ministries**

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SESSION B: REMEMBERING

SCRIPTURE

Luke 22:7-8, 14-23

FOCUS

Jesus gave the disciples the bread and wine to help them remember him.

FAITH NURTURE GOALS

- Children will be able to tell why the bread and wine are special.
- Children feel sure that Jesus loves us and wants us present at his special meal.
- Children will look forward to joining God’s people at the Lord’s Supper and feel eager to participate in the Supper.

A NOTE ABOUT LEARNING STYLES

Next to each activity you’ll find one or more of the following descriptions: **Aa** Word Smart,  People Smart,  Music Smart,  Number Smart,  Earth Smart,  Self Smart,  Body Smart, and  Picture Smart—with an icon beside each one.

These descriptions and icons refer to “multiple intelligences,” a term developed by Dr. Howard Gardner to describe the different ways in which people learn. We use them here to indicate to you which intelligence each step/activity taps into the most. For example, some people are visual; others are musical; some learn best when they are physically engaged; some favor a combination of several “smarts”; and so on. For more information on each of the multiple intelligences, along with a fun quiz you can give your students (and one you can take yourself!), visit dwell.faithaliveresources.org/support-downloads (click on “Topics for Leaders” and open the “Learning Styles Quiz”).

BIBLICAL REFLECTION FOR LEADERS

When Jesus came into this world, God took on human flesh both to give us an example of how we ought to live and to save us from our sins. While we are completely incapable of saving ourselves, Christ showed us that we *are* capable of living in a way that honors God. We cannot do it perfectly, but we can strive to serve God and others the way that Jesus taught us.

Celebrating the Lord's Supper is part of that striving. At the Lord's table, we have a role in remembering Jesus' sacrifice for us by participating in the Supper that Jesus established for us. We also remember that, just as food strengthens us when we eat it, the Lord's Supper gives us strength to follow in his footsteps every day.

When we talk about "remembering" in the Lord's Supper, we are talking about an action. It's not something that we do only with our heads, but also with our hearts, our hands, and our mouths. When we participate in the Lord's Supper...

...we are repenting for the ways we have chosen sin instead of God in our hearts.

...we are taking the elements in our hands.

...we are tasting the goodness of God with our mouths.

Through remembering in this variety of ways, we are reminded that loving God is an action. Following Jesus is an action. Choosing to trust in God to sustain us is an action. There are many actions that God calls us to do to remember and honor God with our whole lives.

We do this together in the Lord's Supper just as we do this together in life. That is the blessing of being part of the church. The church is Christ's gift to us. It is how we are called to show the world God's love—together!

WONDERING

- How does this special meal help you to remember Jesus' sacrifice?
- When has remembering led to action in your life?
- What role does community play in celebrating the Lord's Supper?

TEACHING

Depending on your church policy and/or the churches the children in your group have attended, the kids in your group may or may not have fully participated in the Lord's Supper already. As you talk about remembering Jesus' sacrifice, be sensitive to the variety of experiences represented in your group.

Throughout this session, share your memories and experiences of participating in the Lord's Supper. Talk about the first time you took communion or some special communion moments that you've experienced. Children love to hear personal faith stories from others.

If your congregation has a particular process to follow when children come to the table for the first time—for example, if the children are to speak with their parents prior to their first time partaking in the Lord's Supper, attend a course, or notify the pastor—describe that process during your small group time.

—Rev. Shannon Jammal-Hollemans

LARGE GROUP (K-5)

Step 1 Memory Game

<p>TIME 5-10 minutes</p>	
<p> Picture Smart</p> <p> People Smart</p> <p> Number Smart</p>	<p>SUPPLIES</p> <ul style="list-style-type: none"> <input type="checkbox"/> Large tray <input type="checkbox"/> 10-15 items related to eating, cooking, or serving food. For example: a toothpick, napkin, fork, butter knife, spoon, plate, cup, bowl, salt, pepper, measuring cups, spatula, serving tongs, butter dish, sugar, creamer, ice cream scoop, sippy cup, etc. <input type="checkbox"/> Juice and bread, in the vessels your church uses to serve them during the Lord's Supper (plate, pitcher, cup) or similar. <input type="checkbox"/> Kitchen towel or tablecloth large enough to cover the small table/tray. <input type="checkbox"/> Chart paper and marker, optional
<p>BEFORE YOU BEGIN</p> <ul style="list-style-type: none"> <input type="checkbox"/> Arrange the items on the tray, placing the communion elements in the center and the other items around them. Note: Depending upon the size of your group you can place the tray on a table around which all can gather to see, or you can carry the tray as you walk around the group so that each person can get a close look. <input type="checkbox"/> Cover the items with the towel/cloth. 	

TIP

If the pitcher, cup, and plate used for the Lord's Supper are not available, try to find something that closely resembles them, or print and bring an image of them to use instead. Including these items will help the children connect what happens in the Bible story with the practice of the Lord's Supper in your congregation.

Greet the children warmly as they arrive. Guard the tray so no one peeks! Once all are seated, explain that before they hear God's story you have a Memory Game challenge for them. Ask for a volunteer, and select the oldest child who volunteers. Call him or her forward as you explain the game to everyone:

In a few moments, I will lift the cover off this tray, and today's contestant [child's name] will have 10 seconds to memorize everything that's on the table. I will need your help as an audience to whisper-count from one to ten as [child's name] carefully looks at everything. We have to count in a whisper because he/she will be concentrating! When you get to ten we'll cover the tray again and [child's name] will tell us everything he/she remembers. But first—we need to take a close look at what's under the cloth ourselves!

Invite your contestant to step into the hall with a leader. Call the rest of the group forward to get a good look at the items on the tray (or wander amongst the group and show them the items on the tray) so that they'll recognize the items as the contestant names them.

When everyone has had a good look, ask the group to cheer for [child's name] when you open the door. Then cover the tray again and send everyone back to their seats. Start the audience cheering and invite your contestant back into the room.

Have the contestant stand behind the tray and face the audience. Quiet the crowd and remind the child up front that he or she will have 10 seconds to look at the items on the tray and try to remember everything that's there. Then lift the cover and start the crowd whisper-counting and holding up fingers from 1-10.

When the group reaches 10, place the cover back on the tray and invite your contestant to tell the audience all of the items that he or she remembers seeing. If it will add to the excitement, keep track of the items the contestant names by noting them or keeping a tally on the chart paper. When the contestant finishes, express amazement at the number of things he or she remembered after just a ten-second peek! Invite the audience to give the contestant a round of applause and give them the opportunity to name any items the contestant forgot to name.

Congratulate the group on their great memories. Tell the group that the part of God's story that they are about to hear includes some of the items that are on the tray. Can anyone guess which ones? (Clue: they are also used during worship.) Hold up the Lord's Supper elements as the kids point them out.

Invite the group to listen carefully to discover why we use those items during worship and what they help us to remember.

TIP

Though a countdown would be more dramatic, the youngest kids may have trouble with that. Keep them engaged by counting from 1 to 10.

TIP

If you have extra time, and the crowd is enjoying the game, lift the towel/cloth one more time for five seconds and see how many more items your contestant can remember.

Step 2 A Meal to Remember

TIME 10-15 minutes	
Aa Word Smart  Picture Smart  Music Smart	SUPPLIES <ul style="list-style-type: none"> <input type="checkbox"/> Large tray <input type="checkbox"/> All the items used for Step 1 <input type="checkbox"/> A simple storyteller costume: a fishing hat, a Bible-times robe, or a scarf to drape over the storyteller's shoulders

Tell the group that today you have a special guest coming to tell the story. Invite the children to welcome "Peter" with a warm round of applause. If you are the storyteller, start the kids clapping and then take a moment to turn around and put on your simple costume.

The story follows:

Hello there! Good morning!

[**Point at the table**] Ahhh, I thought I smelled fresh bread. There's nothing like coming into a room and smelling fresh-baked bread cooling on the table. The only thing better than that is the smell of fish! Oh, I know some people think fish smells stinky [**Pinch your nose**]. But I love the smell of fish, nice and crispy after frying in the pan.

You see, I was a fisherman. My name is Peter. I used to fish every night out on the Sea of Galilee. I've got the callouses on my hands to prove it. [**Raise your hands to the audience and rub your palms**]

I don't fish much anymore. I haven't done that for a long time. But when I smell fish or the sea, it takes me right back there to Galilee. Me and the others bringing in nets full of fish. Sometimes we'd clean them right on the boat. Then we'd build a fire on the beach and fry some for lunch. Oh... it takes me back. [**Shake your head and look into the distance**]

[Walk over to the bread and the juice, gesturing toward them] But when I see this, the bread and the juice, it takes me back too. Back to a meal that was even better than fish!

You see, Jesus—the Savior, God’s own Son—is a friend of mine. When I first met Jesus he told me to leave my fishing net behind and follow him. So I did! And then I was with him all the time. He taught me so much. And not just me! In those days, everyone wanted to learn from Jesus. And everyone knew who Jesus was because he could heal people and do such amazing things. **[Shake your head in awe]**

We would celebrate the feast of Passover together. Passover was a special holiday for God’s people. During Passover we would remember how God saved us from our enemies by bringing us out of slavery and rescued us from Pharaoh’s army. Every year we cooked a lamb and ate special bread to remember how God saved us.

The last Passover I celebrated with Jesus was different. That time, Jesus told me and my friend John to get everything ready for the meal, so we got the room all set for dinner and made sure we had all that we needed for the celebration. **[Inhale deeply through your nose as you remember the scene]** The roasted lamb, bread, and wine made the room smell delicious.

We were all there. Jesus’ closest friends, the disciples. We were sitting around the table when Jesus said, “I’ve been looking forward to eating this special meal with you before I suffer, because I will not eat it again until it is fulfilled in the kingdom of God.” **[Look puzzled]**

Jesus was always saying things like that, things that we just didn’t understand. We’d look at each other and shrug. He’s going to suffer? This meal will be fulfilled in heaven? We didn’t know what he was talking about. **[Shrug and hold your hands out in a questioning way]** But I could tell by Jesus’ voice and the expression on his face that something was different this time.

Then Jesus picked up the wine jug and held it out. **[Pick up the communion pitcher]** And he said, “Take this and divide it among you. For I tell you, I will not drink this wine again until the Kingdom of God comes.”

I remember it became very quiet in the room. I can still hear the sound of the wine being poured into each glass. **[Pour the juice into the communion cup]** We watched the jug being passed from person to person, and we all waited to drink.

But Jesus wasn’t done yet. He picked up the bread, and he broke it into pieces and passed it around to each of us. **[Pick up the bread and break it]** We all took our piece of bread and looked at it. Jesus said, “This is my body, given for you.”

It surprised me to hear Jesus talk about his body being given for us. Then Jesus looked around at all of us, and said, “Do this in remembrance of me.” We ate the bread in silence, wondering what it all meant. **[Put down the bread and pick up the cup]**

When we were done with the meal, Jesus held up the cup **[Do so]** and said, “This cup is the new covenant in my blood which is poured out for you.” As we drank the wine we wondered, what did Jesus mean? **[Set the cup down]**

We didn’t know what was coming. But Jesus did. He knew that he would soon die on the cross and then come back to life. Jesus wanted to prepare us for what was going to happen. And he wanted to give us a way to keep remembering all that he had done for us. Jesus wanted us to know and remember that God loves us so much that he sent Jesus to earth to die on a cross and then to come back to life and return to heaven so that our sins would be forgiven and we could live each day with the promise that God is with us, both now and after we die. That’s what we remember during the Lord’s Supper. I hope you’ll always remember that too!

End of story

Thank “Peter” for sharing his story with the group or, if you are the storyteller, come out of character by turning and removing your costume.

Use some or all of the following questions to briefly wonder into the story with your group, pausing after each to give the kids time to respond with their ideas:

- I wonder why Jesus chose a special meal to help us remember all that he did for us.
- I wonder why it was important to Jesus that we remember him in that way.

SONG SUGGESTIONS

If you’d like to sing with your group, this would be a great time to do so. Consider inviting members of your worship team to lead the kids in singing one or more of the songs that your church sings during communion. Learning those songs will help the kids participate more fully in the communion liturgy.

Or, in addition to any songs that you normally sing together, you might like to select a song from the suggestions below which are found in *Sing With Me* and/or *Lift Up Your Hearts* and available for purchase at www.faithaliveresources.org.

- “Now Behold the Lamb” (*Lift Up Your Hearts*)
- “You Are My All in All” (*Sing With Me*)
- “Father, We Love You” (*Sing With Me*)
- “This Is the Day” (*Sing With Me*)
- “There Is a Redeemer” (*Sing With Me, Lift Up Your Hearts*)
- “Lift Up Your Hearts” (*Sing With Me, Lift Up Your Hearts*)

Wrap up large group time using a prayer such as the following:

Dear Jesus, Thank you for dying on the cross for our sins and for coming to life again. Thank you for giving us a special meal to remind us that you love us, forgive us, and welcome us into your forever family. Help us always to remember your love for us. Amen.

Invite children to go to their small groups.

Storytelling Option

This option could be substituted for the Peter narrative in Step 2.

TIME 5-8 minutes	
 Picture Smart  Word Smart	SUPPLIES <input type="checkbox"/> <i>The Jesus Storybook Bible</i> by Sally Lloyd-Jones
BEFORE YOU BEGIN Practice reading aloud the first five sentences on page 286 and all of page 292 from <i>The Jesus Storybook Bible</i> .	

TIP

You may also be able to access and show a video version of the story. Search the Internet for “The Servant King Sally Lloyd Jones” to find it.

Tell the group you’d like to share the story of a very special meal with them. Open your Bible and show the children where the story is found in Luke 22 and explain that you’ll be reading it today from *The Jesus Storybook Bible*. Read the story slowly, emphasizing important words and showing kids the picture on page 292. Finish with the wondering questions and songs as suggested in Step 4.

SMALL GROUP (K-2)

For Small Group plans for grades 3-5, see pages 16-21.

Step 3 The Lord’s Supper

<p>TIME 15 minutes</p>	
<p> Body Smart</p> <p> People Smart</p> <p> Picture Smart</p> <p>Aa Word Smart</p>	<p>SUPPLIES</p> <ul style="list-style-type: none"> <input type="checkbox"/> Illustration of the Lord’s Supper from the Internet such as <i>The Last Supper</i> by Leonardo DaVinci or from a children’s storybook Bible such as <i>The Jesus Storybook Bible</i> by Sally Lloyd Jones or the <i>Children of God Storybook Bible</i> by Archbishop Desmond Tutu <input type="checkbox"/> Playdough <input type="checkbox"/> Communion vessels used during the Large Group Step 1 activity
<p>BEFORE YOU BEGIN</p> <ul style="list-style-type: none"> <input type="checkbox"/> Review the process by which children are welcomed to the table in your congregation, and adapt the information provided in this step to reflect the ways in which the Lord’s Supper is celebrated in your church. 	

TIP

Depending on the ages and experiences of the children in your small group, you may wish to begin your time together by using a good storybook Bible to retell the children the story of the Last Supper.

This activity will help kids see the connection between the story they just heard and the ongoing celebration of the Lord’s Supper in your congregation.

Warmly welcome everyone as they arrive for small group. Children this age love to tell you things, so take a few moments to get caught up on what is new in their lives and to pray together, including any prayer requests they might have.

Spend a few moments reviewing and wondering into the story of the Lord’s Supper as you look at an illustration of it together or as you retell it from a storybook Bible.

- I wonder what Jesus wanted the disciples to remember when they ate the bread.
- I wonder what Jesus wanted the disciples to remember when they drank the wine.
- We celebrate a special meal with bread and wine or juice in our church too. Does anyone know what we call that meal? (Lord’s Supper or communion)

Remind the kids that along with churches all over the world, your church still celebrates the special meal as Jesus taught his disciples to celebrate it. Mention that every time we eat it, it reminds us that Jesus loves us and forgives us.

If you aren't already seated at the table, gather together there now. Set the Lord's Supper elements on the table and give each person a ball of playdough or clay.

Briefly describe what happens during the Lord's Supper celebration in your congregation and, as you do so, encourage the children to create something with their dough to represent each step. We've provided an example description below; adapt it to reflect the ways in which your church celebrates the Lord's Supper.

Example:

When we celebrate the Lord's Supper at our church, Pastor _____ stands near the table at the front of the church and holds up this pitcher of juice. [**Hold up the pitcher used in your worship services or a photo of a similar pitcher**] Then he/she starts to act out today's story. He/she pours it into a cup. [**If you have a communion cup, pretend to pour juice from the pitcher into it now**]

Let's all take half of our dough and make a cup for juice. [**Demonstrate how to form a cup by pushing your thumb into the center of a ball, and then pinching the sides into edges**]

Pastor _____ reminds us that Jesus told his friends to drink the juice in this special meal to remember that he had to suffer and die for them and for us, because he loves us and forgives us.

Next, Pastor _____ lifts up a large loaf of bread. [**Invite your group to form a bread shape with the remainder of their dough**]

He/she holds up the bread and breaks it in half. Let's all hold up our loaf and break it in half. [**Do so**]

Pastor _____ reminds us that Jesus told his friends to eat the bread to remember that he suffered and died for them and for us, because he loves us.

Then the pastor invites everyone who has been baptized and who loves Jesus to eat the bread and drink the juice. When it's time to eat the bread Pastor _____ says, "The body of Christ was broken for you." And when it's time to drink the juice Pastor _____ says, "The blood of Christ was shed for your sins."

Let's take turns pretending to eat our bread and drink our juice the way it is done during worship. [**Do so**] (If in your worship service you are served the bread and juice by an elder or receive a piece of bread from a loaf to dip into juice before eating, you could pretend to serve each other and eat/drink it that way instead.)

If the children in your group already participate in the Lord's Supper or come forward to receive a blessing, use the questions below to engage in a conversation about the way they experience the Lord's Supper. If some, but not all of the children in your group are already participating, invite the others to listen as they tell what that is like.

- I wonder—what do you do when the Lord's Supper is served during our worship service?
- If you have already participated in the Lord's Supper at our church, what can you tell us about that?
- What does it feel like to be part of this special meal?
- I wonder what you remember as you eat the bread and drink the juice?
- If you have not participated in the Lord's Supper at our church, is there anything you wonder about it?

End this step by briefly sharing a memory of the first time you participated in the Lord's supper, and how much that meant to you. Or describe what makes the Lord's Supper so meaningful to you now, and why you continue to look forward to it.

TIP

If the children in your class have participated in the Lord's Supper, prompt them to tell you what happens next as you share each step.

TIP

If there are specific steps that need to be taken prior to a child's participation in the Lord's Supper in your church, take the time to talk about them with the children in your group today. Or, invite your pastor or someone from your congregation's leadership team to visit your room and talk with your children about the process in your church. If your church invites children of all ages to participate in the Lord's Supper but also marks this milestone in some way at a later date, tell them about that as well.

Step 4 A Picture for Remembering

<p>TIME 10 minutes</p>	
<p> Picture Smart</p> <p> Self Smart</p>	<p>SUPPLIES</p> <ul style="list-style-type: none"> <input type="checkbox"/> Construction paper or cardstock <input type="checkbox"/> Brown and yellow construction paper <input type="checkbox"/> Red and purple tissue paper <input type="checkbox"/> Lord's Supper cutouts, reproducible page 22, one per person <input type="checkbox"/> Scissors <input type="checkbox"/> Glue sticks <input type="checkbox"/> <i>Dear Family</i> letter, reproducible page 27, print or email one per family

Invite the children to make a reminder of the special supper Jesus had with his disciples and what we remember and celebrate through that special supper at church.

Give each child a construction paper background along with the Lord's Supper shapes to cut out and glue onto the page. Read the Scripture verse together. (If you have young children or want to save time, you may wish to cut out the Lord's Supper shapes in advance.) Provide scraps of brown and yellow paper for tearing into pieces and gluing onto the bread shape and scraps of red and purple tissue to scrunch and glue onto the goblet shape.

As you affirm their artwork, ask them how their craft might help them to remember what makes the Lord's Supper so special. Wonder aloud if this memento might also help them tell others about what Jesus did for them.

Wrap up by telling the kids that Jesus hopes that whenever they eat the bread and drink the juice of this special meal they will remember and believe that he loves them so much that he gave his life so that they could be part of God's family forever!

Invite the children to pray with you:

Dear Jesus, thank you for loving us so much that you died for our sins on the cross, and then rose from the dead again! Help us always to remember your love for us and to share your love with others. Amen.

Distribute copies of the *Dear Family* letter. Send your kids on their way with this phrase: "Remember that Jesus loves you, [name]!"

EASY EXTRA OPTIONS (K-2)

1. A Trip to the Table

This activity is very similar to Step 3. Use it in place of Step 3 if you'd like to bring the kids to the sanctuary.

<p>TIME 10 minutes</p>	
<p> Body Smart</p> <p> People Smart</p> <p> Picture Smart</p> <p>Aa Word Smart</p>	<p>SUPPLIES</p> <p><input type="checkbox"/> Communion ware</p> <p><input type="checkbox"/> The church sanctuary</p> <p><input type="checkbox"/> Your pastor (optional)</p>
<p>BEFORE YOU BEGIN</p> <p><input type="checkbox"/> Arrange to have some communion ware available in the sanctuary when your group arrives there.</p> <p><input type="checkbox"/> Invite your pastor or someone else from your church leadership team to meet your small group in the sanctuary and to talk with them about the Lord's Supper and the way it is celebrated in your church. Encourage your guest also to share why the Lord's Supper is so meaningful to them. If no one is available, adapt the activity below to use with your group.</p>	

After a brief time of conversation and prayer together (see Step 3) head over to the sanctuary with your group and gather around the Lord's Supper table.

Explain that your church, along with churches all over the world, still eats the special meal they learned about in today's Bible story. Mention that every time we eat it, it reminds us that Jesus loves us and forgives us. Ask if anyone knows what we call that special meal today (the Lord's Supper or communion).

Briefly describe what happens during the Lord's Supper—what the pastor says and does, how the people in the congregation participate—giving the children the opportunity to hold and touch the communion ware. Ask, "I wonder if there is anything about the way that the Lord's Supper is celebrated during worship that reminds you of how Jesus celebrated the last supper he had with the disciples?"

Invite any children who already participate in the Lord's Supper at your church to tell about what that's like and what they think about as they eat the bread and drink the juice. Ask your group if there is anything they wonder about the Lord's Supper.

You might also take this opportunity to tell them about any process your church has in place regarding when and who can participate in the Lord's Supper.

Close this time in prayer, thanking Jesus for the gift of the Lord's Supper as a way to remember how much God loves us.

TIP
If the children in your class have participated in the Lord's Supper, prompt them to tell you what happens next as you share each step.

2. Remembering Booklets

<p>TIME 10 minutes</p>	
<p> Self Smart</p> <p> Picture Smart</p>	<p>SUPPLIES</p> <ul style="list-style-type: none"> <input type="checkbox"/> Reproducible pages 23-24, print one set per person <input type="checkbox"/> Stapler <input type="checkbox"/> Markers <input type="checkbox"/> Scissors <input type="checkbox"/> Construction paper, optional
<p>BEFORE YOU BEGIN</p> <ul style="list-style-type: none"> <input type="checkbox"/> Print, cut apart, and clip together one set of reproducible pages per person. 	

Set out supplies for the children to make booklets to take home as a way of remembering what they learned today. Invite the children to help you retell the story as you hold up each picture in order. Read to them the words on the last page and encourage them to use that space to draw anything they'd like from the way the Lord's Supper is celebrated in their church.

As the children work, join them and make a booklet too. Use this time to talk further about the story and the Lord's Supper. Encourage them to think about the people to whom they could tell the story using their booklets.

Optional: Provide half sheets of construction paper to use as front and back covers for their booklets. Invite the children to come up with their own titles, helping them to spell the words if necessary.

Staple the pages together when finished.

3. Memento in Clay

<p>TIME 15 minutes</p>	
<p> Picture Smart</p> <p> Body Smart</p>	<p>SUPPLIES</p> <ul style="list-style-type: none"> <input type="checkbox"/> Air-dry clay (purchased or homemade) in brown, purple, and a background color such as white or pale blue <input type="checkbox"/> Sturdy small paper plates <input type="checkbox"/> Pencils, optional <input type="checkbox"/> Drinking straw <input type="checkbox"/> Ribbon
<p>BEFORE YOU BEGIN</p> <ul style="list-style-type: none"> <input type="checkbox"/> Make or purchase air-dry clay. 	

Create a keepsake of the food used during the last supper with Jesus and during the Lord's Supper in churches throughout the world today.

Homemade Air-Dry Clay

2 cups baking soda
1 cup cornstarch
1-1/4 cups cool water
Food coloring

Method:

Mix cornstarch and baking soda in a pan.

Add water to the powder mixture. It will seem like the water sits on top, but after a little stirring it becomes a runny mix.

Place the pan on a stove over medium heat. Be sure to stir the mixture constantly.

Once it thickens and forms a ball, turn into a bowl. Cover with a damp paper towel and let cool.

Knead the cooled mixture until smooth. Divide into three parts—one large portion and two small portions. Add food coloring to the small portions to make one brown and the other purple. The large portion (for the background color) can be left plain, or add a small amount of yellow or blue coloring to create a pale color. Knead each section again after adding the coloring.

Store in airtight container.

After creating sculptures, allow the clay to air dry overnight or bake at 300 degrees for 30 minutes on a parchment-lined baking sheet.

Give each child a paper plate and a lump of the clay for the background. Demonstrate how to spread the clay flat and evenly to fill the bottom of the plate. (It should be about 1/4" or 1 cm thick when done.)

Next, give each child a small lump of brown clay and invite them to make a "snake" with it. Place the snake on the background and flatten it slightly so that it looks like a loaf of bread. If desired, the kids can use the point of a pencil to make little lines or texture on their bread loaves.

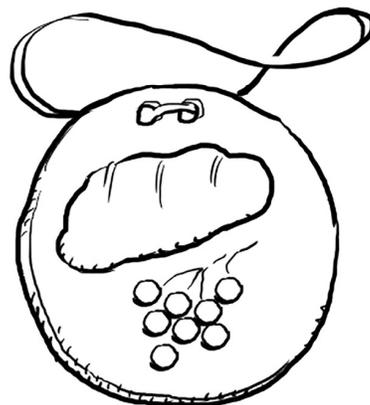
As you pass out the purple clay, ask if anyone can tell you what wine and the purple/red juice of the Lord's Supper are made from. Grapes! Invite the kids to make 7-10 little balls (grapes) from their purple lump of clay and then to arrange those together on the background, flattening them slightly as they did with the brown loaf. If desired, the kids can use a pencil point to make a stem impression on the background and/or to connect the grapes with small lines. The pencil could also be used to print "Remember" into the clay.

Use a length of straw to make two holes in the top of the clay picture for hanging later.

Provide each child with a length of ribbon and let them know that their projects should dry overnight and that the next day they can carefully remove the plate from the back, tie a length of ribbon through the holes, and hang them up at home.

TIP

Children can use a thick marker as a rolling pin to smooth out the background clay.



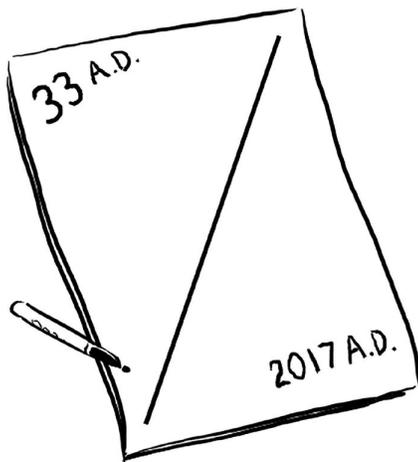
SMALL GROUP (3-5)

Step 3 Then and Now

<p>TIME 20 minutes</p>	
<p>Aa Word Smart</p> <p> Picture Smart</p> <p> Self Smart</p> <p> People Smart</p>	<p>SUPPLIES</p> <ul style="list-style-type: none"> <input type="checkbox"/> Butcher paper <input type="checkbox"/> Adhesive dots, push pins, putty, or tape <input type="checkbox"/> Sharpened pencils with erasers, one per person <input type="checkbox"/> Markers <input type="checkbox"/> Bibles <input type="checkbox"/> A markerboard or chalkboard or more butcher paper and marker
<p>BEFORE YOU BEGIN</p> <ul style="list-style-type: none"> <input type="checkbox"/> Lay a long length of butcher paper across a table, securing the ends so that it won't slide. <input type="checkbox"/> Arrange the chairs to make it easy for the group to create a mural with the paper. 	

Welcome everyone as they arrive for small group. Let them know how much you look forward to spending time with them--especially today as you think more about the Lord's Supper together.

Tell them that today's story took place nearly 2,000 years ago, around 33 AD. Use a black marker to write 33 AD in the upper left corner of the butcher paper. Then add a diagonal line running across the paper from the bottom left corner to the upper right corner. Write the current year in the lower right corner.



Explain that today we still celebrate this special meal, the Lord's Supper, to remember and affirm that Jesus suffered, died, and rose for us so that we could be forgiven and become part of God's forever family. Share that for the next 15 minutes your group will work together on a mural that shows with images and words what the Lord's Supper was like the first time it was shared, in the upper room with Jesus and his disciples, and what the Lord's Supper is like today, in your congregation.

Hand out Bibles and invite the kids to take turns reading today's story from Luke 22:7-8, 14-20. On the board, or another sheet of butcher paper, make two columns titled, THEN and NOW. Pause between readers to prompt the kids for observations. Record their answers in the appropriate columns (or select a volunteer to record them). You may want to use some or all of these questions:

- Who was sitting around the table in 33 AD for this special meal?
- Who is invited to celebrate the Lord's Supper at our church?
- What important words were spoken by Jesus?
- What important words are spoken by our pastor?
- How were the bread and wine distributed in the original meal?
- How are they distributed in our church?

Depending on how often the Lord's Supper is celebrated, and how many of the kids in your group participate in it, you may have to help paint a picture of how the Lord's Supper is celebrated in your congregation. Don't worry too much about details; the hope here is that the children will see the connection between the intimate dinner Jesus had with his friends, and the gathering of God's people now for the Lord's Supper today. Try to express that we hear the same words and share in the bread and juice in a similar way as those used by Jesus with the disciples because Jesus wants us to remember that his body was given for us, and his blood was shed for our sins. He loves us that much.

Take a moment to brainstorm with your group before dividing them into two groups to work on the drawing. Encourage them to decide what image they would like to appear on each side of the diagonal line. Perhaps one or two artists could sketch the scene and then everyone could work to color in the details. Ask them what they would like to write on the diagonal line through the center of the page. Prompt them to look at the notes on the board, or back to the Bible text if they get stuck. Then divide into two groups and let the drawing begin!

As kids draw, work alongside them. Ask if there is anything you can help with. Working side by side on a project often leads to the best conversations with your kids. As they settle into the rhythm of their work, invite those who have participated in the Lord's Supper to share a little about what it means to them. Use some or all of these questions to prompt them:

- When did you first celebrate the Lord's Supper?
- Who was there to take communion with you?
- What do you remember most about it?
- What did it feel like to be included in this special meal?
- What do you think about now as you eat the bread and drink the juice?

Save time to admire each other's work before wrapping up this step by highlighting two remarkable differences in the Lord's Supper then and now:

- The first group of people who shared this meal were all grownups, and men! But since that time the meal has expanded to include people from all over the world—children and adults, male and female.
- The disciples ate a full meal with Jesus. When we celebrate the Lord's Supper, it's just a taste of bread and juice. It reminds us that there is much more to come! One day when God's kingdom is made new we will celebrate the full meal with Jesus.

TIP

Depending on your church policy and/or the churches the children in your group have attended, the kids in your group may or may not have fully participated in the Lord's Supper already. As you talk about the Lord's Supper, be sensitive to the variety of experiences represented in your group. If there are children in your group who have not yet participated, ask a different set of questions such as:

What is the celebration of the Lord's Supper like for you? What do you wonder about the celebration of the Lord's Supper?

TIP

Consider finding a place in your church to display this mural on Lord's Supper Sunday. If the kids want more time to add details to the drawing, leave it out for the next couple weeks so they can work on it during coffee hour or before Sunday school.

Step 4 A Lord's Supper Story

<p>TIME 10 minutes</p>	
<p>Aa Word Smart  Self Smart</p>	<p>SUPPLIES</p> <ul style="list-style-type: none"> <input type="checkbox"/> Guest (see activity for details) <input type="checkbox"/> <i>Dear Family</i> letter, (reproducible page 27), print or email one per household
<p>BEFORE YOU BEGIN</p> <ul style="list-style-type: none"> <input type="checkbox"/> Arrange for a member of your church family to tell the kids about why participating in the Lord's Supper is so meaningful for them or about a particularly memorable time when they celebrated the Lord's Supper. Ask your guest to be prepared to speak for 3-5 minutes. <input type="checkbox"/> Familiarize yourself with your church's policy for welcoming children to the table, and be prepared to briefly tell the kids about it. 	

TIP

Inviting a guest to come can seem like a lot of extra work, but it is worth the effort. The personal story your guest shares may be the most memorable part of the session for your children—and you!

Gather your group back around you for your closing time. Tell them that you have invited a special guest--someone who would like to tell them why the Lord's Supper is so significant to them in their walk with Jesus. Introduce your guest.

If appropriate, after your guest is finished speaking, briefly explain to your group the process by which your congregation welcomes children to the table, and encourage them to talk to their parents or guardian about taking the next steps.

Then close with this prayer, or thoughts from your heart:

Dear Jesus, thank you for dying and rising again so that we could be your friends, forgiven and loved, part of your forever family! Each time we participate in the Lord's Supper, let it remind us of all that you did for us. We love you, Amen.

As everyone heads out the door, hand out the *Dear Family* letter, unless you plan to email it.

EASY EXTRA OPTIONS (3-5)

1. Baking Flatbread

This activity can be substituted for all of Steps 3 and 4.

<p>TIME 25-30 minutes</p>	
<p> Body Smart</p> <p> Number Smart</p> <p> People Smart</p>	<p>SUPPLIES</p> <ul style="list-style-type: none"> <input type="checkbox"/> Unleavened bread recipe and ingredients (see reproducible page 25) <input type="checkbox"/> Mixing bowl, cookie sheet, measuring instruments, baking utensils <input type="checkbox"/> Oven, oven mitts <input type="checkbox"/> Small plates, napkins <input type="checkbox"/> <i>Dear Family</i> letter (reproducible page 27), print or email one per family
<p>BEFORE YOU BEGIN</p> <ul style="list-style-type: none"> <input type="checkbox"/> Print a few copies of the recipe. <input type="checkbox"/> If you have time, try the recipe in advance to become familiar with it. <input type="checkbox"/> Preheat the oven and lay out the baking supplies ready for use. 	

Welcome your group as they arrive, letting them know that you’ll spend the next few minutes baking flatbread, like the unleavened Passover bread that Jesus and his friends ate in today’s story. After everyone washes their hands, make the bread together.

While the bread is baking, use the conversation prompts provided in Step 3 to reflect on the ways that the Lord’s Supper is similar to and different from the last supper Jesus ate with his disciples. (You may wish to create a simple “Then and Now” chart as described in Step 3.) Talk together about what the Lord’s Supper means to the children in your group too.

When the bread is done baking, enjoy it together, wondering about what it would have been like to sit at the table with Jesus, sharing in that special meal. Remind your group how much Jesus loves to see each of them at the Lord’s Supper table, eating the bread and juice and remembering all that he has done for them!

Close in prayer. Then wish your group a great week, and hand out the *Dear Family* letter, unless you plan to email it.

TIP
Before baking or serving food, always check with your group in advance for allergies, and modify or replace the recipe as needed.

2. Lord's Supper Word Mosaic

This activity could be substituted for Steps 3 or 4.

<p>TIME 10 minutes</p>	
<p>Aa Word Smart  Picture Smart  Self Smart  People Smart</p>	<p>SUPPLIES</p> <ul style="list-style-type: none"> <input type="checkbox"/> Internet access <input type="checkbox"/> Computer, iPad, or tablet; one for the entire group, or a few for the group to share <input type="checkbox"/> Bibles <input type="checkbox"/> Access to a color printer, optional
<p>BEFORE YOU BEGIN</p> <ul style="list-style-type: none"> <input type="checkbox"/> Select a website that will allow you to make free word mosaics. Suggested sites: www.abcya.com or www.imagechef.com/ic/word_mosaic or www.wordle.net. <p><i>Note:</i> If you aren't able to access the Internet during your session, make a few different word mosaics in advance, print them out, and bring them along. Adapt this activity by making a word list together, showing the kids the word mosaics you've created, and then providing markers and papers on which they can create their own hand-drawn mosaics.</p>	

Invite your group to work together (or in smaller groups, depending on the number of kids and devices) to create a word mosaic about the Lord's Supper. Explain that a word mosaic is a piece of art made of words arranged in different sizes, colors, and directions. Word mosaics invite people to consider the importance of the words that have been selected. So the first step in making a word mosaic is to choose the words that will be included.

If you haven't done so already in Step 3, open your Bibles now and take turns reading Luke 22:7-8, 14-20. Invite the group to name the words and short phrases that stand out to them in the passage as you write down their ideas.

TIP

If these words don't make the list, consider adding them: community, connected, belonging, loved, forgiven, child of God, promise, hope.

When they run out of words from the text, encourage them to think about how the Lord's Supper is celebrated in your church: Do any words or short phrases come to mind when you think about what it means to you to participate in this special meal?

Enter their words and phrases into the word mosaic site. If your site has the capability to do so, choose together a shape for the word mosaic as well as colors and fonts. When everyone is happy with the choices, click the "generate" button to generate the mosaic.

TIP

Ask the worship committee, or whoever is in charge of bulletin covers, if the word mosaic that your group will generate during this activity could be used as a bulletin cover for Lord's Supper Sunday.

When their mosaic appears, invite them to step back and take some time looking at it. Do they like it? Do the words they chose convey the meaning of the Lord's Supper? If they'd like to make changes they can start again, adding different words or simply changing fonts, colors, or the shape of their word mosaic.

If you're able to access a color printer, make a copy for each child to take home. Or, save the document and email it to their parents during the week. Consider posting it to the church website and social media page as well!

3. Bracelets

<p>TIME 10-15 minutes</p>	
<p> Body Smart</p> <p> Number Smart</p> <p> Self Smart</p> <p> People Smart</p>	<p>SUPPLIES</p> <ul style="list-style-type: none"> <input type="checkbox"/> Embroidery floss in a variety of colors, cut into 18"-20" (45-50 cm) strands <input type="checkbox"/> Safety pins, one per person <input type="checkbox"/> Scissors <input type="checkbox"/> Tape <input type="checkbox"/> Reproducible page 26, one per person <input type="checkbox"/> Plastic baggies, one per person <input type="checkbox"/> Cardstock (plain or colorful), cut into 2" x 6" (5 x 15 cm) strips with a hole punched in the top, 1 per person, optional

PREPARATION

- Cut the embroidery floss in advance and bring along scissors and additional floss.
- Use reproducible page 26, or visit [wikihow.com/Make-a-Friendship-Bracelet](http://www.wikihow.com/Make-a-Friendship-Bracelet) to practice making your own friendship bracelet to show to the class. Begin the bracelet, but don't finish it. Plan to use it to demonstrate how to make the bracelets.

Transition into this activity by laying strands of embroidery floss across the table and encouraging the kids to choose 4-6 strands. Tell them that you'll be making friendship bracelets to wear on your wrists or ankles, or to use as Bible bookmarks. Show them the example that you've started and say something like this:

These colorful bracelets are called friendship bracelets because people often make them to give to a friend. But you're making them today to keep as a reminder that Jesus invites you to share in the Lord's Supper too, just as he invited his friends 2,000 years ago. He wants each of you around the table at that special meal so that you can remember how much he loves you—so much that his body was given and his blood shed so that you could be forgiven!

Take a moment to explain how to make a friendship bracelet, using string to demonstrate the instructions on reproducible page 26. It's likely that someone in your group has made friendship bracelets and will be eager to show others how to do it.

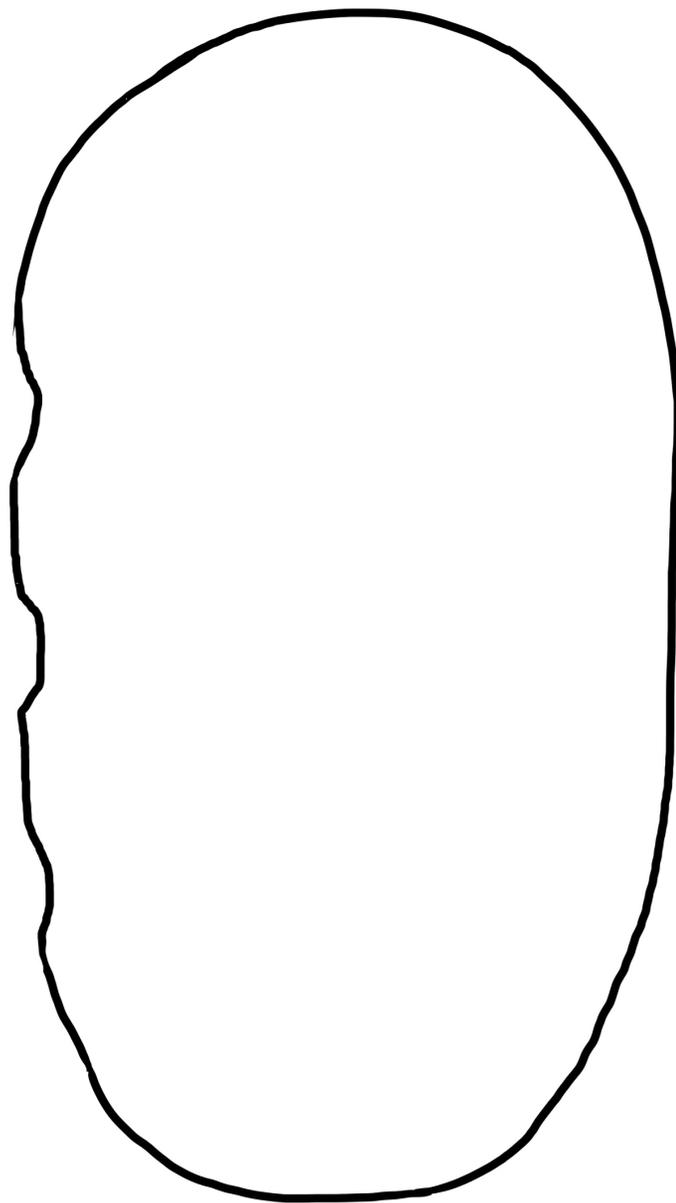
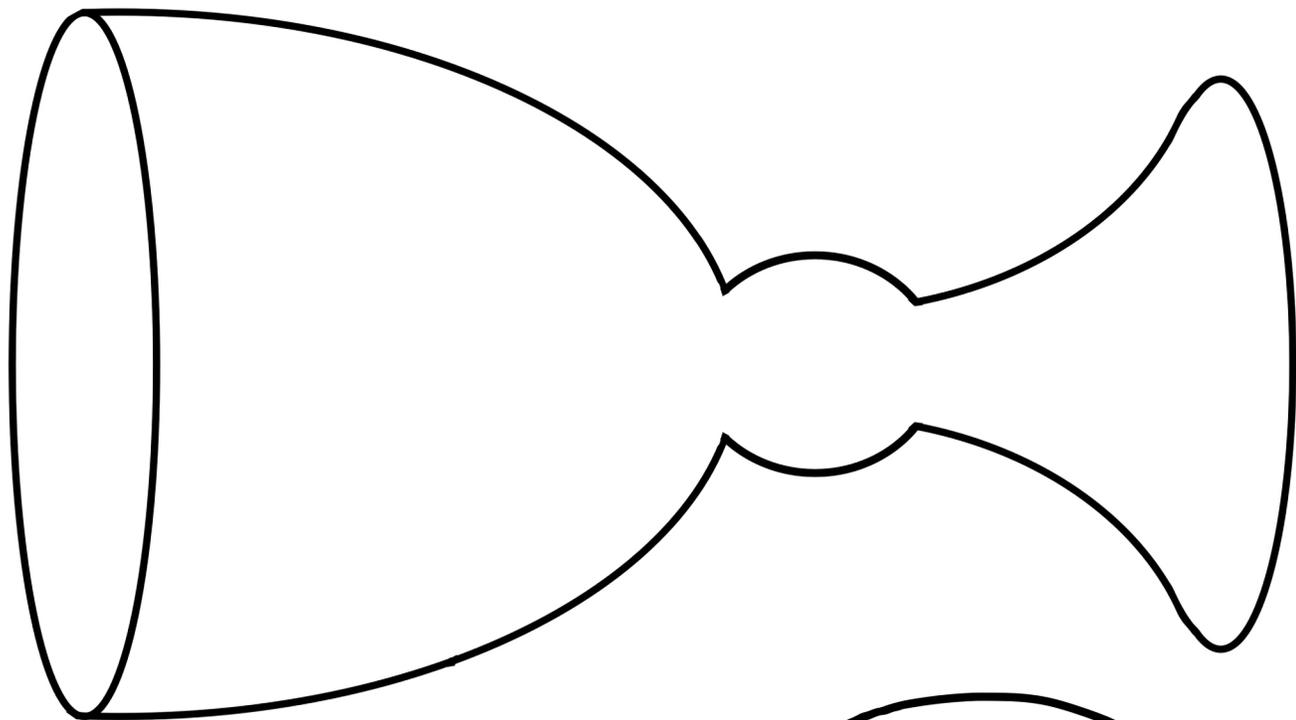
When everyone has chosen their colors, tie them together and then pin or firmly tape them to a surface. As they work, circulate from person to person to make sure they are getting the hang of tying knot after knot.

It's unlikely that the children will finish their friendship bracelets before class is over. Simply send them home with a ziplock baggie containing their thread, pin, and instructions. Encourage them to finish it at home and wear it next week to show you.

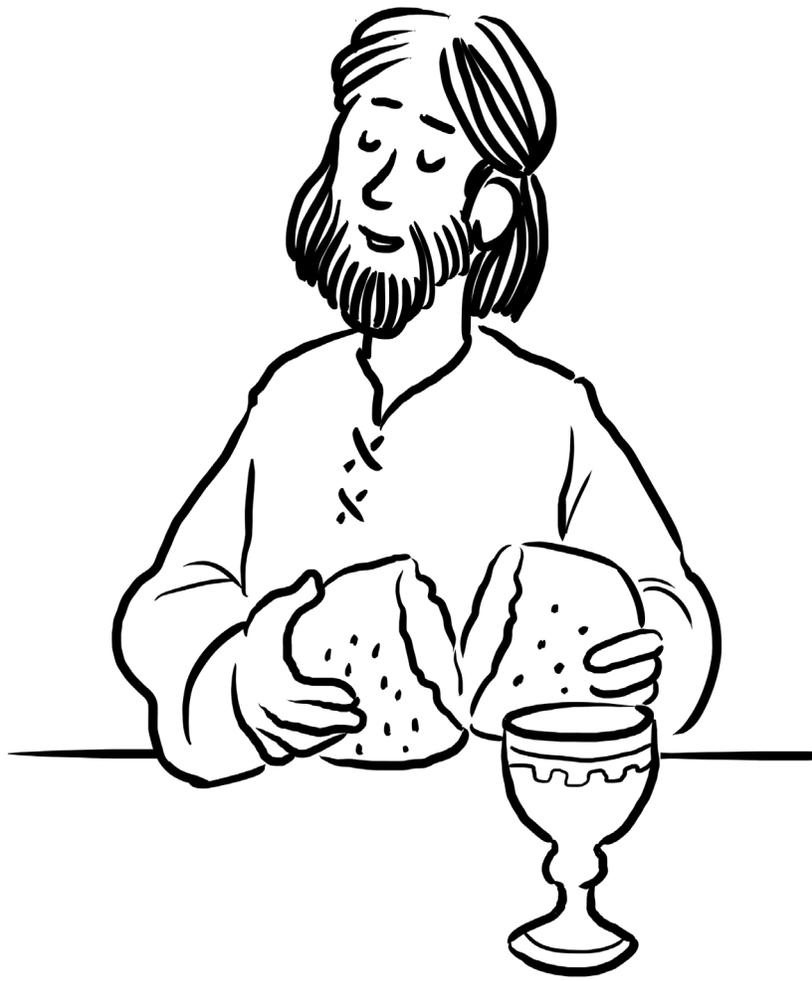
TIP

Cardstock has been included in the supply list for kids who may not enjoy wearing bracelets. Kids can write a phrase such as, "Remember Me" and decorate it, then attach the friendship bracelet they make, or even just several colorful strands of embroidery floss to the top of the bookmark for use in their Bible.

“Do this in
remembrance
of me.”







The Lord's Supper at My Church

Unleavened Bread Recipe

INGREDIENTS

4 cups whole wheat flour	1/4 cup honey
1 cup white flour	1-1/2 teaspoons salt
2 cups water	1/4 cup oil

DIRECTIONS

Mix ingredients in a large bowl. Knead until it forms a uniform dough. Roll out to 1/8" (3 mm) thick. Place on greased cookie sheet. Score into about 1" (2.5 cm) squares. Cut into 4" x 5" (10 x 12 cm) rectangles.

Bake at 400 degrees F (200 C) about 15 minutes. In the first minutes of baking, prick bubbles that may form.

TIP

Consider tasting the bread and then freezing the rest to use the next time your congregation celebrates the Lord's Supper. Check with your worship committee for permission.

Friendship Bracelet Instructions

SUPPLIES

- Sharp scissors
- Safety pin or tape
- Embroidery floss in a variety of colors

Follow the steps below to make a 4-6 strand friendship bracelet:

1. Choose the colors you'd like to use for your bracelet. You may use one color, but you'll need at least two colors to create a striped pattern.
2. Select 4-6 strands of floss in the colors you've chosen.
3. Cut the floss into 18- to 20-inch strands.
4. Line up all the strands and tie them together in a knot at one end.
5. Tape the knot to a table, or pin it to something sturdy.
6. Separate the strings, placing the colors next to each other in the order you'd like them to appear in the pattern on your bracelet.
7. Follow steps 8-10 to create the striped pattern by starting with the far left string (string 1) and knotting it twice with each of the other colors until string 1 works it's way across all the other strings to become the last string in the bunch.
8. Start by taking string number 1, the string furthest to the left, and bending it back towards the other strings to create a 45 degree angle that crosses over string number 2. It should form what looks like a number 4.
9. Loop the tail of string number 1 under the second string (through the middle of the figure 4). Then hold onto the bottom of the second string as you pull string number 1 tight, chasing the knot up to the top of the bracelet. This action will wrap the color from strand 1 around strand 2. Repeat this to make one more knot so that the color of strand 1 wraps twice around strand 2.
10. Now you will see that strand 1 and strand 2 have switched places. Pick up strand 2 (which was originally strand 1) and bend it backwards to wrap it around the next string, as you did in step 8 and 9.
11. Continue in this pattern until the string you started with becomes the last string. Then start over with the string on the far left side, knotting it twice with each of the other strings in order to wrap it's color across the bracelet.
12. When your bracelet is long enough to fit around your wrist, ask a friend to help you wrap it around and tie it to your wrist. Be careful to leave enough room for it to wiggle around comfortably before tying it in a knot and trimming the edges.

TIP

Visit [wikihow.com/Make-a-Friendship-Bracelet](http://www.wikihow.com/Make-a-Friendship-Bracelet) for video instructions on how to make a friendship bracelet.

Dear Family,

Today your child learned about the Lord's Supper and how celebrating it helps us to remember that Jesus loved us so much that he suffered and died so that we could be forgiven and welcomed into God's forever family.

After we heard the story of the Last Supper from Luke 22:7-8, 14-20 we talked about how that meal is still celebrated in our church, and in every church today.

Take time to talk about the Lord's Supper at home this week. Let your children tell you what they learned about it and show you what they made in class. Share your memories of participating in the Lord's Supper for the first time, and what it means to you today to share in this special meal. If your son or daughter participates in the Lord's Supper, talk with him or her about what it means for them to be included. If your child has yet to participate, talk with the pastor or an elder of the church to learn more about the steps involved in that milestone.

For more helpful ideas on talking about the Lord's Supper with your children, visit the *Family Resources* tab of the *Welcoming Children to the Lord's Supper* toolkit at crcna.org/faithformation/toolkits.

Sincerely,