

Session Prep: This lesson also works well as a Lenten lesson (Lent is the season of preparation before the celebration of Jesus' resurrection celebrated on Easter Sunday.)

Prep:

1. Bake or purchase a loaf of regular bread.
2. Bake bread without yeast (similar to naan) or purchase unleavened bread or crackers.

Older children could bake the two kinds of bread as a project and research the chemistry that happens when baking bread with yeast. They could also research what the Festival of Unleavened Bread is and why the Israelites would make bread without yeast.

3. Grape juice, cups

"The Power in the Lord's Supper"

1. Opening prayer

2. Take out your different kinds of breads. Separate the unleavened from the leavened bread. Talk about the difference in the breads. (The one with yeast "raises.") (don't eat the bread yet!) If some of the older kids did research on the Festival of Unleavened Bread or the chemistry of yeast, it would be a good time for them to share their findings.

3. Read: Now the Festival of Unleavened Bread arrived, when the Passover lamb is sacrificed. Jesus sent Peter and John ahead and said, "Go and prepare the Passover meal, so we can eat it together." "Where do you want us to prepare it?" they asked him. He replied, "As soon as you enter Jerusalem, a man carrying a pitcher of water will meet you. Follow him. At the house he enters, say to the owner, 'The Teacher asks: Where is the guest room where I can eat the Passover meal with my disciples?' He will take you upstairs to a large room that is already set up. That is where you should prepare our meal." They went off to the city and found everything just as Jesus had said, and they prepared the Passover meal there. When the time came, Jesus and the apostles sat down together at the table. Jesus said, "I have been very eager to eat this Passover meal with you before my suffering begins. For I tell you now that I won't eat this meal again until its meaning is fulfilled in the Kingdom of God." Then he took a cup of wine and gave thanks to God for it. Then he said, "Take this and share it among yourselves. For I will not drink wine again until the Kingdom of God has come." (Pour the grape juice into the cups, but don't drink it yet.) He took some bread and gave thanks to God for it. Then he broke it in pieces and gave it to the disciples, (break your unleavened bread into pieces and pass some to each person.) saying, "This is my body, which is given for you. Do this to remember me." After supper he took another cup of wine and said, "This cup is the new covenant between God and his people—an agreement confirmed with my blood, which is poured out as a sacrifice for you. (Luke 22:7-20 NLT) (Drink the juice.)

- a. Jesus said: "I have been very eager to eat this Passover meal with you!" Why was He looking forward to it? (Because He loved them very much.) Think about get-togethers with our family. Why do we get together for special occasions? (Because we love each other and like being together. Just like Jesus loved His disciples.)
- b. What does Jesus say the bread is? (His body.)
- c. What does Jesus say the wine is? (His blood).

- d. Jesus said: "Do this to remember me." Why is it important to remember the bread and wine, His body and blood? (So that we can remember what He did for us.)
- e. What did Jesus do for us? (He took the punishment for the sins we have done and do everyday. Remember, Jesus did not sin. He lived a perfect life. Yet He took our punishment for our sins. He was beaten and whipped and made fun of and died on the cross. His hands and feet were nailed to the cross. He bled from His hands and feet. Because He was punished, and shed His blood and gave up His life, taking our place on the cross, we now have the gift of forgiveness! That means that when we believe in Jesus and ask Him to forgive our sins, all the bad things we do, through His shed blood, they are all forgotten!!)
- f. The bread and the wine help us remember what Jesus did for us. What else did Jesus do after He died? (Three days later He rose from the dead.) What does this mean? (It means we get to go to heaven to be with Him forever!!!)

4. Read what it says in the book of First Corinthians: For I pass on to you what I received from the Lord himself. On the night when he was betrayed, the Lord Jesus took some bread and gave thanks to God for it. Then he broke it in pieces and said, "This is my body, which is given for you. Do this to remember me." In the same way, he took the cup of wine after supper, saying, "This cup is the new covenant between God and his people—an agreement confirmed with my blood. Do this to remember me as often as you drink it." For every time you eat this bread and drink this cup, you are announcing the Lord's death until he comes again. (1 Corinthians 11:23-26 NLT)

5. What does that last line mean? For every time you eat this bread and drink this cup, you are announcing the Lord's death until he comes again. (It means that when we eat the Lord's Supper we remember, or by our actions of eating the bread and drinking the wine, we are showing or announcing Jesus' death. The sacrifice of His Body and Blood.)

6. Music time. Play this video *The Old Rugged Cross* <http://youtu.be/CltrLsjsQI0>
As you sing it or listen to it, think about what Jesus did for you. If you have little ones you can also sing *Jesus Loves Me* with this cute video <http://youtu.be/owx3ao42kwl>

7. Closing prayer - Tell Jesus that you believe in Him and thank Him for shedding His Blood and giving His life (His Body) on the cross so that you are forgiven.

8. To reinforce this lesson, your family could eat a meal with unleavened bread (like naan) instead of regular bread and grape juice instead of milk and the kids could share/review what they learned.