

TAKE AND EAT

Bible Text: John 6:48-51

Lesson Focus: Jesus feeds us with his body and blood so that we can feed others.

Big Question: I'll take communion every week at church, but what am I supposed to do about it?

Key Words: BREAD AND WINE, BODY AND BLOOD, SACRAMENT

BIBLE CONNECTION

-] The meals Jesus ate with others teach us about communion; there is always enough food for everyone (Luke 9:16-17).
-] Gathering for communion reminds us that we will gather in the next life with Jesus (John 6:51).
-] Lutherans believe that the wine and bread are both ordinary and holy elements.
-] The finite (what we can see—bread and wine) can hold the infinite (what we can't see—God).
-] Christians in every place celebrate communion—this practice unites us (1 Corinthians 10:17).
-] Many Christians, including Lutherans, are working to emphasize the communion beliefs that we have in common, not the things that divide us.
-] God feeds us at communion with the strength and call to serve others (Matthew 28:19-20).

CARTOON CONNECTION

-] In what ways does the cartoon suggest some differences and similarities between the meals that families share at home and the meal we call holy communion?
-] Why do some people in the world have so much and others so little? Tell about the longest period of time you've ever gone without eating.
-] What are some things you could do to help feed the hungry?



STUDENT BOOK CONNECTION

Here We Stand Student Book page 135: How to Receive Communion

-] How do our hearts get ready to receive communion?
-] What do you like the most about receiving holy communion?
-] What do you notice about the other people who are receiving holy communion with you?

LIFE CONNECTION

Pick a way that you can begin to help feed others this week. Whether it's collecting food for the food pantry or serving a meal at a homeless shelter, you're doing Jesus' good work in the world. Jesus fed us so that we can feed others. Pair up with someone from your class and report on your progress next week.

TAKE AND EAT

Bible Trivia

Circle the letter that best answers each question.

AT THE TABLE

1. Receiving communion by dipping the bread in the cup is called . . .
a. common cup. b. intinction. c. individual cups.
2. When receiving the bread, you can make this symbol with your hands.
a. Cross b. Peace sign c. Thumbs-up
3. After communing, you should avoid . . .
a. thanking the server.
b. saying "Amen."
c. making the sign of the cross.
4. The first Lord's Supper happened when Jesus and the disciples gathered to observe . . .
a. the Crucifixion. b. the Exile. c. the Passover.

IN THE KITCHEN

1. Most communion wafers are made from . . .
a. tree bark. b. wheat. c. cardboard.
2. Which of the following ingredients is *not* found in unleavened bread?
a. Flour b. Salt c. Yeast
3. This process turns juice into wine.
a. Photosynthesis b. Digestion c. Fermentation
4. The disciples prepared _____ for the Passover.
a. a Seder meal b. pork loin c. manna

I'M HUNGRY!

1. When Jesus said, "Take and eat," he meant it for . . .
a. just the disciples.
b. only people who go to church.
c. everyone, everywhere!
2. In communion, we learn that . . .
a. there's enough food for everyone.
b. bread and wine are good appetizers.
c. walking to the altar rail in jeans is not okay.
3. The Last Supper builds on this biblical event.
a. The Passover
b. Feeding the 5,000
c. Both a and b and more
4. After communion, we are called to . . .
a. go home to watch the football game.
b. serve others and feed the hungry.
c. sing a hymn.

THE ELEMENTS

1. The communion cup is filled with . . .
a. wine. b. juice. c. either wine or juice.
2. "This is my _____, given for you."
a. bread b. blood c. body
3. "This cup is the new covenant in my _____."
a. wine b. blood c. body
4. This number of elements is required to participate in communion.
a. One b. Two c. Three

Answers: At the Table 1. b 2. a 3. a 4. c In the Kitchen 1. b 2. c 3. c 4. a I'm Hungry! 1. c 2. a 3. c 4. b The Elements 1. c 2. c 3. b 4. a