

Transform Your Nature, Using Jesus as Your Example: *Holy Communion*

LESSON AT A GLANCE

Facilitator Notes:

- For Your Journey episodes can be found on the NAC USA YouTube channel and in the NAC USA mobile app

I wonder...

- Why is Holy Communion an important part of my life?
- How did Holy Communion come into being?
- What happens during Holy Communion?

I believe...

- Holy Communion is celebrated in every divine service because it sustains human beings in their fellowship of life with Jesus Christ. (Q&A question 505)
- Jesus instituted Holy Communion with His Apostles on the eve of His crucifixion. (Q&A question 494)
- Those who partake in Holy Communion thereby profess their belief in the death, resurrection, and return of Jesus Christ. (Q&A question 500)

Materials:

- Bible
- Catechism Q&A
- For Your Journey-Episode 49, Holy Communion
- True / False cards (each student should have an index card that says True and a separate card that says False)
- Pillows/Blanket enough for the group to sit on comfortably on the floor

References:

- Bible verses: Matthew 26:17-30, 1 Corinthians 11:23-31
- Catechism Q&A questions 494-514
- Catechism Q&A page 252, 7th Article of Faith

MESSAGE TO PARENTS (TO BE SENT VIA EMAIL OR TEXT)

Facilitator Notes:

- Please keep the main message intact, but feel free to add local information as necessary.

Dear Parents,

This week the "I Wonder...." questions are about Holy Communion. The students explored the Last Supper between Christ and His Apostles. Ask about the experience and what they learned about Holy Communion that they did not know before. Share with your student the thoughts and emotions that you experience during Holy Communion, and how it impacts you as a Christian.

As always, if you have questions about the topic, please feel free to contact your Youth Leaders.

Your Youth Leaders

SUNDAY SERMON REFLECTIONS (10 minutes)

Facilitator Notes:

- Allow 2-3 students to share their reflections. For larger groups, vary who shares from week to week.

- What Bible verse was used for the basis of last Sunday's sermon?
- What were some of the main takeaways? What did you learn?
- So far this week, how have you applied what you learned from the sermon last Sunday?
- Going forward, how will you apply what you learned from the sermon last Sunday?

HOOK (15 minutes)

Facilitator Notes:

- Allow 2-3 students to share their reflections. For larger groups, vary who shares from week to week.
- The purpose of holding the cards facing the outside of the circle, is so students cannot see their peers' responses. We want students to answer honestly, and not rely on the responses of the group to influence how they answer.

- How are you and how are you feeling today?
- Who would like to share their point to ponder or call to action from last week?
- Arrange the group so the students are standing or sitting in a circle.
- Give each student a True card and a False card.
- Tell the students they are going to take a quiz about Holy Communion.
- Explain that you will make a statement about Holy Communion and if the statement is true they should hold up their True card above their head, with the card facing the outside of the circle, so no one in the circle can see the answer. If the statement is false, they are to hold up the False card the same way.
- The facilitator will walk around the circle and look at the answers to see how the students respond.
 - The responses are important so the facilitator has a good idea of the understandings or misunderstandings among the group.
 - The facilitator should adjust the time he/she spends on different parts of the lesson, based on the understandings or misunderstandings of the group.
- Make the following statements and walk around the circle to check answers before going on to the next statement:
 - Holy Communion and the Jewish Passover celebration are related. (TRUE)
 - My sins are forgiven when I receive and eat a communion wafer. (FALSE)
 - I am in close fellowship with Jesus during Holy Communion. (TRUE)
 - If I am sorry/repentant for my sins, I don't need Holy Communion. (FALSE)
 - Holy Communion is meant to remind me about the debt Christ paid for my sins. (TRUE)

SET THE STAGE (1 minute)

Facilitator Notes:

- Preview the "I wonder" questions with the students.

I wonder...

- Why is Holy Communion an important part of my life?
- How did Holy Communion come into being?
- What happens during Holy Communion?

LESSON (25 minutes)

Facilitator Notes:

- As the facilitator, you will need to create an atmosphere of solemnness and sanctity. You want the students to take this activity seriously so they feel the full emotional and spiritual effect.

Explain to the students that they will be reading from Matthew 26: 17-30, which is about the Last Supper Christ had with His disciples. Tell the students to sit in a circle on pillows/blankets which is how this "supper" would likely have taken place.

- **Ask the students to think about how Christ felt on this night. He knew Judas was going to betray Him. He knew that He would later be arrested, and He knew He was going to be crucified the next day.**
- **Begin reading Matthew 26:17-30, stop after the following verses and share the information below the verse and/or ask the questions.**
- **Verse 19:**
 - Jesus instituted Holy Communion during the Passover meal with His Apostles. Like the Passover meal, which commemorates the Israelites liberation from Egyptian slavery, Holy Communion commemorates Jesus Christ's death, which liberated us from sin.
 - Does partaking of Holy Communion forgive our sins, why or why not?
 - This is a good time to clearly define the relationship between Holy Communion and forgiveness of sins using Q&A question 507.
- **Verse 25:**
 - Holy Communion is a time of intimate fellowship with Christ. Jesus Christ instituted Holy Communion in the circle of the Apostles and also entrusted it to them.
 - Why do you think Jesus wants us to have fellowship with him every Sunday?
 - He wants us to remember the sacrifice He made for us out of His love for us.
 - Celebrating Holy Communion together promotes unity among believes because they develop together into the nature of Jesus Christ.
- **Verse 27:**
 - The elements of bread and wine are both required for the celebration of Holy Communion. Bread, like wine, represents human sustenance. In Israel, wine is also a symbol of joy and future salvation. Holy Communion provides spiritual sustenance and is necessary in our preparation for the return of Christ.

- What strength do we receive in Holy Communion?
 - Unconditional love from the Lord Jesus, despite our sinful nature.
 - This love serves as strength for the trials ahead.
- **Verse 28:**
 - This verse points to the consecration of elements that takes place during Holy Communion. During the consecration of elements, bread and wine are not changed in their substance, but the substance of the body and blood of Jesus is joined to the bread and wine. The bread and wine are not simply symbols for the body and blood of Jesus, but the body and blood of Jesus are truly present after the consecration.
 - Why do we need communion every Sunday?
 - Just like we need to eat every day to remain alive, our soul needs nourishment.
 - We take in the nature of Jesus with the wafer.

- **Verse 30:**
 - The "once brought, eternally valid sacrifice of Jesus Christ" is present during Holy Communion. Holy Communion is a meal of remembrance. It calls to mind the death of Jesus Christ as a unique event that is valid for all times. Jesus commissioned the Apostles to celebrate Holy Communion with the words: "Do this in remembrance of Me."
 - Jesus commissioned the Apostles to go out and proclaim the forgiveness of sins. Do the Apostles forgive our sins?
 - No, it is the triune God who forgives sins.
- Ask the students to share what they thought about this experience. Did it clarify any misunderstandings for them? Did they learn something new about Holy Communion?
- Ask the students if there are additional questions, and provide clarification and answers that align with the Catechism Q&A questions 494-514.

Let the students choose a partner. Tell them to read the words of the consecration for Holy Communion from the student copy of the lesson, and then answer the questions that follow. When finished, bring the group back together to share their responses.

- **Why do you think Jesus wants us to celebrate Holy Communion together each Sunday?**
 - To remind us of His sacrifice.
 - To remind us that His sacrifice is still valid for us today.
 - To experience fellowship with Him.
 - To remind us that we don't have to be captive to our sin, which should inspire thanksgiving in our heart for what He did for us.
 - To experience the strength and nature of Jesus together.

- 1 Corinthians 11:27-28
 Therefore whoever eats this bread or drinks this cup of the Lord in an unworthy manner will be guilty of the body and blood of the Lord. But let a man examine himself, and so let him eat of the bread and drink of the cup.

- To grow into the nature of Christ together.
- **Why do you think the absolution and Holy Communion are celebrated together?**
 - Both are based on the sacrifice of Jesus Christ.
 - Forgiveness of sins is necessary so that we can partake of Holy Communion worthily.
 - We want to be in a "clean" state before we have such close fellowship with Jesus Christ.
 - Reference 1 Corinthians 11:23-32: "examine yourselves" refers to the need for repentance and forgiveness, prior to partaking of Holy Communion.
- **What else needs to happen before Holy Communion for us to partake worthily?**
 - We must believe in Jesus.
 - We must believe in Jesus' sacrifice.
- **What are the effects of Holy Communion?**
 - We have fellowship with Christ.
 - It gives us the strength and nature of Christ.
 - It promotes unity among the congregation as we all grow together into the nature of Christ.
 - It is necessary for our preparation for the return of Christ.

WHAT'S IN IT FOR ME? (15 minutes)

Facilitator Notes:

- For Your Journey episodes can be found on the NAC USA YouTube channel and in the NAC USA mobile app

Wrap up the lesson with

- If time allows, watch For Your Journey-Episode 49, Holy Communion.

Close with the "I Believe..." statements

- As you review each statement, stop and check in with the group to be sure there are no misunderstandings or misconceptions.
- Allow the students to state an "I Believe..." statement for each of the "I Wonder..." questions in their own words.
- Remind the students that on their Confirmation day, they will or have already promised and committed to "surrender myself to you O triune God....in belief.....earnest resolution to remain faithful to You".

I believe...

- Holy Communion is celebrated in every divine service because it sustains human beings in their fellowship of life with Jesus Christ. (Q&A question 505)
- Jesus instituted Holy Communion with His Apostles on the eve of His crucifixion. (Q&A question 494)
- Those who partake in Holy Communion thereby profess their belief in the death, resurrection, and return of Jesus Christ. (Q&A question 500)

A Point to Ponder....

- Why do you think Jesus chose a "meal" as the setting for celebrating Holy Communion?

A Call to Action...

- Next time you celebrate Holy Communion, when the minister says, "the body and blood of Jesus given for you", mentally say your name afterwards to emphasize that Holy Communion is the most intimate experience you can have with Jesus.

Weekly Reflections

What Bible verse was used for the basis of last Sunday's sermon?

What were some of the main takeaways? What did you learn?

So far this week, how have you applied what you learned from the sermon last Sunday?

Going forward, how will you apply what you learned from the sermon last Sunday?

Point to Ponder.....

Call to Action.....

Transform Your Nature, Using Jesus as Your Example: *Holy Communion*

Have you ever wondered...

- Why is Holy Communion an important part of my life?
- How did Holy Communion come into being?
- What happens during Holy Communion?

I believe...

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Read: "In the name of God, the Father, the Son, and the Holy Spirit, I consecrate bread and wine for Holy Communion and lay thereupon the once brought eternally valid sacrifice of Jesus Christ. For the Lord took bread and wine, gave thanks and said: 'This is My body which is broken for you. This is My blood of the new covenant given for many for the remission of sins. Eat and drink! Do this in remembrance of Me.' For as often as you eat this bread and drink this wine, you proclaim the Lord's death till He comes. Amen!"

Why do you think Jesus wants us to celebrate Holy Communion together each Sunday?

Why do you think the Absolution and Holy Communion are celebrated together?

What else needs to happen before Holy Communion for us to partake worthily?

What are the effects of Holy Communion?

What is something new you learned about Holy Communion?

Point to Ponder: Why do you think Jesus chose a "meal" as the setting for celebrating Holy Communion?

Call to Action: Next time you celebrate Holy Communion, when the minister says, "the body and blood of Jesus given for you", mentally say your name afterwards to emphasize that Holy Communion is the most intimate experience you can have with Jesus.