LESSON 13: COMMUNION

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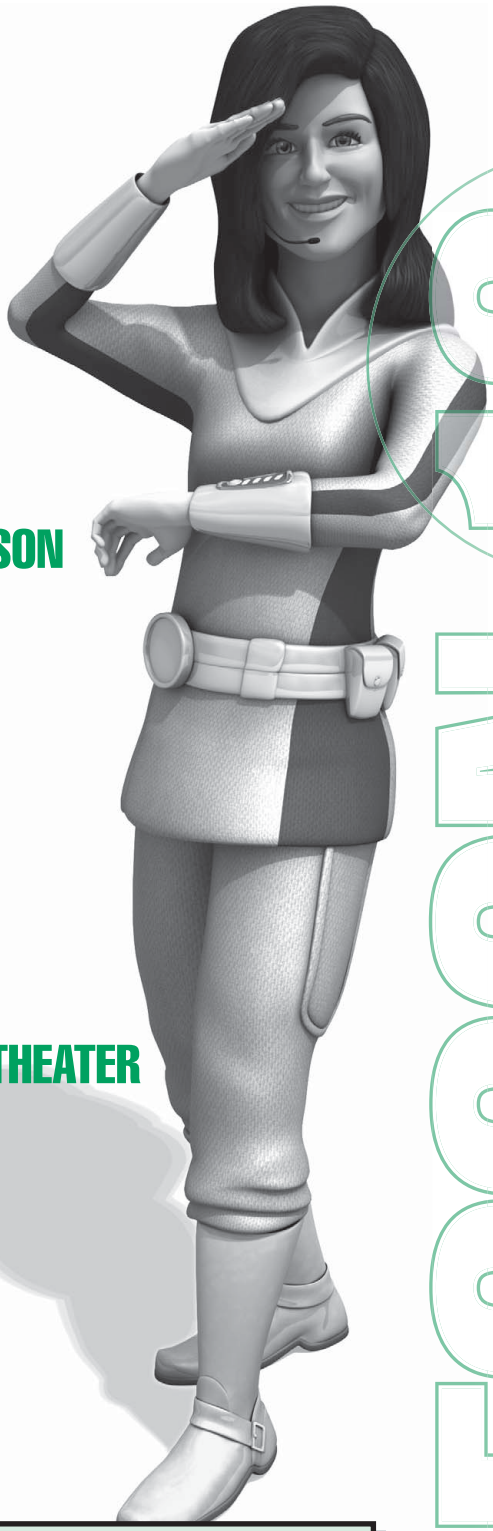

LESSON 13

Memory Verse: "This is my body which is given for you. Do this to remember me."

1 Corinthians 11:24

GAME TIME HULA-HOOP THREAD

Time Required: 5-8 minutes

Memory Verse: "This is my body which is given for you. Do this to remember me."
1 Corinthians 11:24b

Supplies: ☐ 2 Hula hoops, ☐ Small prizes, ☐ Upbeat music to play during the game

Game Instructions:

- Select two teams with four to five players on each team.
- Have each team stand in a straight line, side by side, with the other players on their team.
- Have each player join hands with his/her teammates.
- At no time during this activity can the players let go of their teammates' hands, or their team will be disqualified.
- Place a hula hoop in the free hand of each player at the start of each line, so each team has a hula hoop.
- When the game begins, each player holding the hula hoop will step through the hula hoop and shift the hula hoop to his/her teammate, while continuing to hold hands.
- Continue passing the hula hoop through each teammate until the hula hoop reaches the end of the line.
- The player at each end will step completely through the hula hoop and hold it in his/her free hand.
- Once the hula hoop reaches the end, have each team send the hula hoop back to the beginning of the line, using the same process.
- The first team to send the hula hoop down the line and back wins!
- Players will have to use teamwork to keep the hula hoop from getting "stuck" along the line!

Final Word:

This game is great for building friendships and learning to work together. Jesus loves friendship; in fact, one of the last things He did before dying on the cross was have dinner with His closest friends!

Notes: _____

OBJECT LESSON BREAD AND BLOOD

Time Required: 10 minutes

Foundation Scripture: "As they were eating, Jesus took some bread and blessed it. Then he broke it in pieces and gave it to the disciples, saying, 'Take it, for this is my body.'"

Mark 14:22

Teacher Tip: For safety, it's important to prescreen for food allergies, if choosing to allow the Cadets to partake in sampling the food items.

Supplies: ☐ 1 Goblet (or glass) of grape juice, ☐ A large, round, uncut loaf of French bread, ☐ 1 Water balloon, ☐ A small container of red food coloring, ☐ 1 Serrated knife (Butter knife will work if it will cut through the bread and balloon), ☐ A clear platter

Prior to Segment:

Turn the loaf of bread upside down and pull a piece of bread from the middle. (Keep from tearing a hole in the top-side of the loaf.) As this lesson is shared with the Cadets, place a few drops of the red food coloring and water in the water balloon and place it inside the bread. While sharing the lesson, cut through the bread where the balloon has been placed to illustrate the blood being shed from Jesus' body while hanging on the cross.

Lesson Instructions:

- Today, boys and girls, we are learning about something very important. In fact, it was one of the last things Jesus did before He was crucified. He had a very special dinner with His disciples. It would be the last time that they all sat down and ate together before He died.
- Now, I don't know everything they had for dinner that night but I do know the two most important parts of their meal: They had wine to drink *(hold up the goblet of juice)* and they had some bread *(show the French bread)*. The reason these two parts of the dinner were such a big deal is because they stood for something.
- Jesus told them that the wine stood for His blood that would pour out of His cuts and wounds when He hung on the cross, but there is something special about the bread. In Mark 14:22 it says, "As they were eating, Jesus took some bread and blessed it. Then he broke it in pieces and gave it to the disciples, saying, 'Take it, for this is my body.'"
- Let me give you a little picture of what it was like: There they were all sitting at the table and Jesus grabbed the bread (take the bread and knife). Now in those days they just tore the bread in big hunks. As Jesus tore the bread apart He told them that the bread was like His body that was going to be "torn up"; it would be cut and bleeding, bruised and hurting. *(Cut into the bread, and as you do cut through the balloon so the red water flows out.)* Jesus wanted to give the disciples a picture that would stick in their minds, He didn't want them to ever forget the torture He would go through for them. Why? They needed to know He was willing to put up with the pain so they could be well in their bodies.
- Kids, there was no blood that ran out of the bread when Jesus tore it into pieces. But just like Jesus wanted the disciples to always remember what His body went through for them, He wants to put a picture in your minds too. Boys and girls, don't ever forget what Jesus put up with so that you and I could live without being sick. Wow, Jesus, You're so amazing! *(Lead the kids in thanking Jesus for what He took for us; have them repeat after you.)*
- *"Jesus, thank You for letting Your body be injured so mine could be well. Thank You for giving Your blood so my heart could be clean. I will always remember to say thank You!"*

OFFERING MAKE THEM COUNT

Time Required: 10 minutes

Offering Scripture: "It's your heart, not the dictionary, that gives meaning to your words. . . . Words are powerful; take them seriously."

Matthew 12:34, 36 MSG

Supplies: ■ 5 Different containers: 4 Containers with contents and 1 empty container (Ex: a bottle of juice; a box of cereal; a clear, empty glass, etc.)

Prior to Offering:

Begin by setting out your containers on a table in the front of the room.

Offering Instructions:

- Hello, Cadets!
- On this table there are five different things.

Ask **Can anyone tell me what they all have in common?**

- (Allow time for the Superkids to share their ideas.)
- They are all containers and they each contain something different.
- The Bible teaches us about another container. In Matthew 12:34, it says, "It's your heart, not the dictionary, that gives meaning to your words." Verse 36 says, "Words are powerful; take them seriously."

Ask **What kind of container is this scripture referring to?**

- Yes! It's our words! Funny, huh? But if you think about it, it makes sense.
- Our words are containers and they can hold all kinds of things: love, hate, fear, faith, or sometimes they can be totally empty, just silliness. Remember, the scripture we just read said our words are powerful and we need to take them seriously.
- So today, before we bring our offering to the Lord, let's use these powerful containers called words and pray together.
- Cadets, say this with me: "Father God, I bring my offering to You today with words of faith. I believe Your Word is true and when I give, You will bless me. I want You to know that I'm giving to You today because I love You and appreciate everything You have done for me. Thank You for being such an amazing heavenly Father. Holy Spirit, help me use my 'word containers' in the right way. In Jesus' Name. Amen."

Notes: _____

LESSON OUTLINE COMMUNION

Memory Verse: "This is my body, which is given for you. Do this to remember me."

1 Corinthians 11:24

I. JESUS HAD A MOST UNUSUAL DINNER RESERVATION Mark 14:12-25

a. He told His disciples to follow a man carrying water.

b. Complete strangers gave them what they needed!

c. A private room had been prepared for them.

II. THE DISCIPLES GET SOME UNUSUAL INSTRUCTIONS

a. While they were eating, Jesus held up the bread and wine.

b. He told them that the bread and wine was His body and blood.

c. The disciples did not understand that Jesus would die for them.

III. JESUS PAID FOR EVERYTHING 1 Corinthians 11:24; Matthew 26:28

a. Jesus' body was broken so that our bodies could be whole.

b. Jesus' blood was shed so our spirits could be free from sin!

c. We need to remember what our Lord did for us. 1 Corinthians 11:25

A Word from Commander Dana: This lesson is a very basic teaching on Communion. I wrote this as an initial introduction to the concept of what Jesus paid for, and our obligation to remember. I realize there is much more that can be taught and said on this subject. Feel free to expound depending on what level your group is at. I would emphasize this: Jesus bought us the most valuable supply of treasures. By remembering what He did, we honor Him and our faith in His purchase grows through our obedience. Be sure to create an atmosphere of honor and respect when you take Communion with the kids, but do not let it become religious. Let what Jesus did for us get your full attention during this most momentous experience with these children!

Final thought: *We receive Communion to remember what Jesus did!*

Notes: _____

STORYBOOK THEATER THE BEST STICKY NOTE

Teacher Tip: Options are provided for story presentation.

Teen Tip: Reviewing the script prior to service and involving teen helpers is a great way to keep the Cadets involved and attentive.

Artist Tips: Cut the paper to fit on the board and tape it down. Lightly sketch the drawing with pencil prior to presentation during class. Time may not allow the picture to be completely drawn and colored on stage. Erase the pencil lines, so light lines are visible to the artist, but are not visible to the audience. Review the story ahead of time to determine the amount of time needed to complete the illustration while on stage. When the story begins, use black markers to "draw" the picture, following the sketched pencil lines. Next, apply color using the pastel chalk. Then, blend the color with the rags. Finally, cut the illustration from the board, roll it up and secure it with rubber bands, and share it with a Superkid!

Art Supplies: ☐ Easel (To set foam-core board on), ☐ Large piece of foam core (Recommend a 30" x 48" size from an art store), ☐ Roll of white banner-size paper (Teacher's supply or art store), ☐ Black markers (For initial drawing and outlining), ☐ Pastel chalks (From art store), ☐ Rags (To blend chalks), ☐ Scissors (To cut paper to size) ☐ Tape (To tape paper to foam-core board), ☐ Rubber bands (To roll up paper for giveaway), ☐ Small table (To set art supplies on during story), ☐ Pencil and eraser (Art pencils work best), ☐ Art smock (To keep your artist's clothes clean)

Prior to Segment:

Choose which story presentation option fits best with your team.

1. Storybook Theater:

- Select people ahead of time (these can be team members or Superkids who are good readers, dramatic and expressive) to read "spoken" lines of characters. The number of people you select to be your character voices will depend on how many characters have lines in your story, and how many people you have available. If you are limited on people, you can have readers play two or more characters. Just be sure they can make the voices distinctly different! Make copies of the story and highlight their "lines." We suggest doing a practice read before service to make sure delivery is smooth. For added fun, dress your characters in costumes! At the beginning of your story, introduce your cast of characters.

List of Characters/Costumes:

Geno: T-shirt and ball cap
Sister: messy hair

2. Illustrated Story:

- If there is an artist in the house, this is a great addition to your story time! While the story is being read, the artist can illustrate a large picture relating to the story, to give as a prize at the conclusion. Use the picture giveaway as an incentive for Superkids to be extra quiet and pay close attention. Initially, there will be a few supplies to purchase but don't let this be a deterrent from using the illustrated story option! Once the supplies have been purchased, they'll be long-lasting and reusable.

Notes: _____

For as long as he could remember, Geno's mom had left him notes. Not your ordinary, everyday notes, *sticky notes!* Every place in Geno's house had a sticky note on it at one time or another. In fact, every morning when he woke up, the first thing he saw was a sticky note. Geno slept on the lower level of a bunk bed that he had all to himself, and his mom always left a note stuck above his head, so he would see it when he opened his eyes. This morning was no different.

He looked up. Sure enough, the note was there, waiting for him.

"Remember to get your lunch out of the refrigerator."

Geno sat up, gave a good stretch, and walked over to his dresser to get a pair of jeans.

"Remember to put your pj's away."

Obeying his second note of the day, Geno opened the dresser drawer and stuffed his pajamas inside. Walking into the bathroom, he looked at the mirror.

"Don't forget to brush your teeth and put the lid on the toothpaste."

Geno took the toothpaste lid off and smeared a bit of toothpaste on the note.

"Now it's a *real* sticky note," he said to himself, smiling into the mirror.

Brushing teeth wasn't Geno's favorite thing, so he usually brushed as quickly as possible. That is, unless his mom was watching. He liked to imagine the toothbrush was a race car skimming across his teeth, lightning fast.

"On your mark, get set, GO!"

In about 15 seconds, Geno had drug the toothbrush across his teeth and spit in the sink. "We have a winner!" he declared.

He reached for the sink handle to rinse away the extra globs of toothpaste and spied a shiny, little piece of paper stuck underneath the foamy glob. He poised two fingers to scoop it up, but it wouldn't budge.

"Trying to mess with me, huh? You're coming off, all right."

This time he tried a different approach. Geno turned the water on full blast. Water sprayed all over, soaking his shirt and the mirror, and sending a "Niagara Falls-like" mist into the air.

Still stuck.

"This is ridiculous!" he exclaimed.

Now the little paper was starting to aggravate Geno. He stared it down, like an Old West cowboy ready to fight a duel. By now, the paper no longer had toothpaste all over it, and he could see what it was. Sure enough, it was another sticky note.

"It must have fallen off the mirror into the sink. That's weird, it's not even wet, and the ink didn't smear."

Geno scratched his fingernail across the note, and it squeaked. It was shiny and slick, like plastic. He scratched his head and wrinkled his nose, trying to figure out this strange *new* sticky note. And why wouldn't it come off the sink? Two minutes ago Geno felt like a cowboy, but had quickly morphed into a detective trying to solve a mystery.

"Think, Geno, think," he said to himself. "What's slick, shiny, can keep dry and sticks?"

His sister knocked on the door. "Are you almost finished? I need to fix my hair. I'm leaving in 10 minutes."

"Ssshh. I'm trying to think!" Geno answered.

"Think about what?

"Hold on! I almost have it."

"You are so weird," said his sister as she headed back down the hall toward her bedroom.

"Aha! It's tape! Mom covered the sticky note with clear packing tape so it wouldn't get wet and would stick to the sink. Detective Geno solves the case!"

He started bowing and waving to an imaginary audience.

"Thank you, thank you very much. I'll be here all week."

"You'd better not be in there all week! Hurry up, I have to fix my hair!"

Geno was so impressed with his mystery-solving skills that he didn't hear his sister come back to the door. Oops.

"Hold your horses. I'll be out in a second."

He grabbed a hand towel to mop up the mirror and was reminded of something. He had been so wrapped up in solving the great sink sticky note mystery that he'd not read the note.

"Hmmm, let's see why Mom would leave a note in the sink."

He bent over the sink and read, "That was NOT two minutes. Brush your teeth longer."

"Geno, I'm serious. Hurry up! I can't go to school looking like this."

Now his sister was pounding on the door. He opened the door to let her in, she pushed past him toward the mirror, and her smooth flip flops went sliding on the water-soaked floor. She hit the toilet with a thud.

"Owww!" she hollered. "What in the world have you been doing in here? There's water everywhere!"

"Brushing my teeth," Geno answered.

"With what? A fireman's hose? Never mind, just move. Now I only have about two minutes to work a hair miracle."

"I always fix my hair in two minutes. You'll be fine," Geno assured her.

She made a noise at him, and furiously started spraying hairspray.

Geno picked up his toothbrush to start "Round 2."

"Yuck! This tastes like hairspray!"

"I thought you already brushed your teeth," his sister retorted.

"I did. Then I found another sticky note."

"Ohhhhhh. Say no more," she said sympathetically.

All of a sudden, his sister had gone from irritated to compassionate. She knew the power of the sticky notes too well. One thing was certain, although they didn't agree on everything, they did agree on one thing, their mom was definitely sticky-note crazy. It was a private little laugh they shared, which brought them closer, for a moment anyway.

Geno finished brushing at the same exact moment his sister finished her hair.

"Done!" they both said in unison.

Geno and his sister laughed at their perfectly timed finish, as they headed toward the door for school.

"Remember to have a good day!" Geno's sister called out to him, as she got on her bus.

"I'll try, but I really wish I had a sticky note to remind me!" he hollered back.

She gave one big laugh and bounded up the bus steps, waving goodbye. He waved back and sat down on the curb to wait for his bus. Geno was so glad it was Friday. School was fine, but he loved going to church. It was the highlight of his week. "Only two more days," he thought.

Geno finished up his school day but not without finding six more sticky notes. Usually on Fridays he found seven or eight, but his mom must have been busy. Which was "A-OK" with Geno, since every sticky note meant another job to do. Saturday came and went with its normal sticky note count of 14. He had created his own little game to keep track of his mom's sticky notes each day. Maybe that's why he was so good at math. Finally, it was time for bed and...teeth brushing. This time he knew exactly what the little piece of paper in the sink was and what it said. No cheating now. He endured a full two minutes of teeth-brushing torture. Oh well, the good news was that tomorrow was his favorite day of the week.

It was Communion Sunday, and Geno was looking at his Bible.

There was a sticky note on the cover that said, "Don't forget me!"

"Oh brother," he thought. "Even at church I can't seem to escape sticky notes!"

As the pastor talked, Geno opened his Bible to look for the story of the Last Supper. "I'm pretty sure he said Luke 22," Geno thought to himself, as he turned the pages of his Bible as fast as he could.

Geno liked to see how fast he could find a scripture, even when no one else was racing him. When he found the place where Luke 22 was supposed to be, it wasn't there. His Bible skipped from Luke 21 right to Luke 23.

"That's weird" thought Geno. "My Bible must be defective!"

Geno took a closer look. Something didn't seem quite right, and with his fingernail Geno picked at the edge of the page. There were two pages sticking together. After a minute the pages separated, revealing Luke 22.

"I gotcha!" Geno said out loud, without thinking about where he was.

A woman sitting in front of him turned around and gave him one of those grown-up looks.

"Not you, I meant Luke," explained Geno, feeling embarrassed.

The lady kept staring at him with a very unhappy expression.

"They were stuck," he whispered.

She gave him one last glare then turned around. When Geno looked down, he saw why Luke 22 had been stuck. A sticky note from his mom caused the pages to stick together. She wrote, "Don't ever forget what Jesus did, son. He gave His body and His blood for us. Read and remember."

Geno read the story in Luke 22. He closed his Bible as the pastor closed in prayer. Geno decided that Luke 22 was the best "sticky note" he had ever read!

Notes: