

# Communion – Prayer Lesson



Do you know your family loves you? Do you know without them doing anything? And what are some ways they express their love?

In the Methodist Faith we believe in the Means of Grace. This is a fancy way of saying there are certain actions or activities where we experience God's grace. Just like with our families, we know God loves us, but there are certain actions that express that love. And communion is one of those Means of Grace.

This is why communion is the perfect topic to end our lessons on prayer. Through prayer we spend time with God and come to know Him better. And this is also what happens during communion. As well, the service is set up like a conversation with God, which is exactly what prayer is. It is a great gift of God's love to celebrate communion with Christ just like at the first communion.

## Discussion:

- The service opens with giving thanks to God for all He has done. What would you list as reasons to thank God?
- The text says, "Let us give thanks to the Lord our God. It is right to give our thanks and praise." Why is it right?
- The service goes on to list what Jesus did while here on earth. How would you describe Jesus' life, what all he did?

## Scripture:

The next part of the service recounts the first Communion or Lord's Supper. Read Luke 22:7-20. Jesus said that he was establishing a new covenant between God and His people. Read Hebrews 9:11-15. (For younger children simply explain that Jesus wants us to remember that because of him we can be best friends with God forever.)

In that time bread and wine would have been part of almost every meal. What is something you do at least once of day. Could you use that as a daily reminder of the new covenant?

## Game: Bible Bowling Quiz

Find the instructions on the page after the coloring sheet. Review the story of the first communion. And learn a little more of the meal they were sharing.

**Closing:**

The communion service always asks the Holy Spirit to be present. As Pastor Lindsay says, "This is called the epiclesis, the invoking of the Holy Spirit, no communion can be done without this part. Because communion is a Means of Grace, you can't receive that grace without the Holy Spirit delivering it.

Even though you aren't having communion as part of this lesson, use this calling of the Holy Spirit for your closing prayer. It is a good reminder to invite the Holy Spirit into your life every day.

Dear Lord,

Pour out your Holy Spirit on us gathered here, and on these gifts of bread and wine. Make them be for us the body and blood of Christ, that we may be for the world the body of Christ, redeemed by his blood.

By your Spirit make us one with Christ, one with each other, and one in ministry to all the world, until Christ comes in final victory and we feast at his heavenly banquet.

Through your Son Jesus Christ, with the Holy Spirit in your holy Church, all honor and glory are yours, almighty Father, now and forever. Amen.

**Extra Activity: Bread Dough Ornaments**

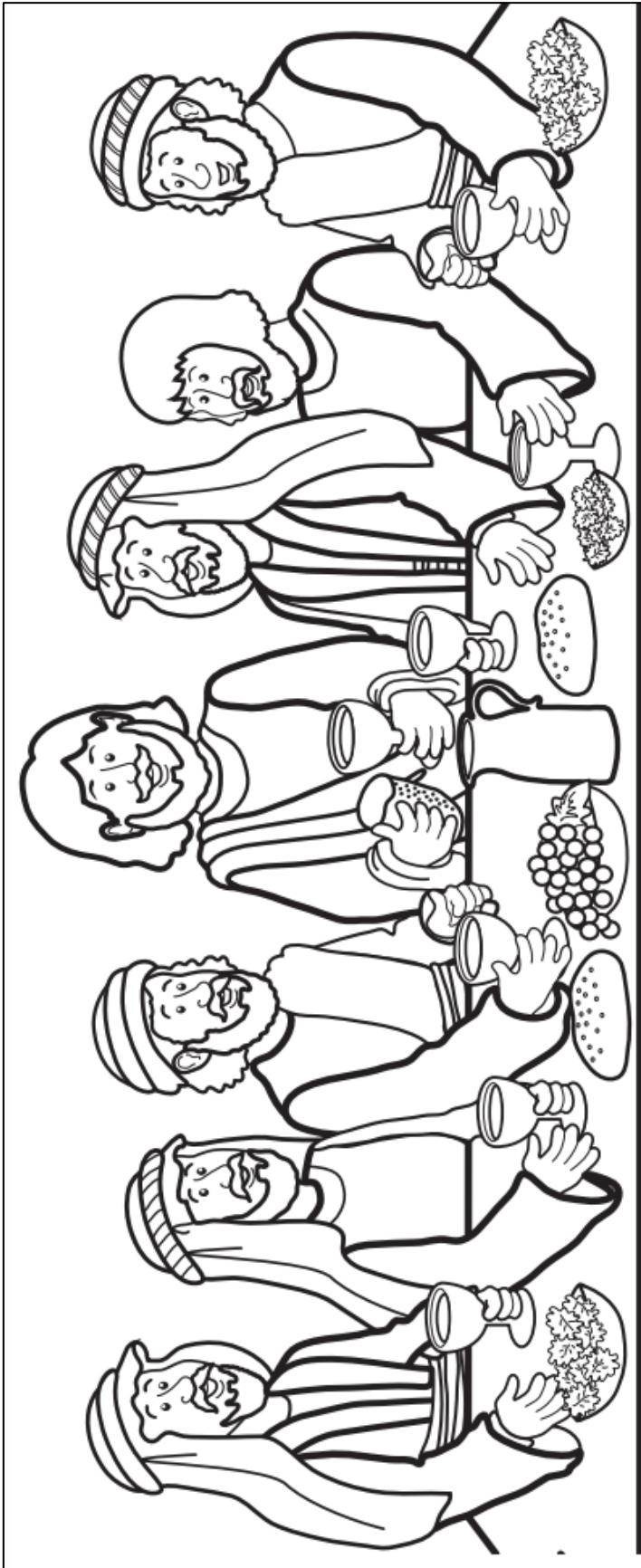
I couldn't resist including this. My mom and I made these together when I was young. My grandma made some into pins that I still wear. And bread dough seemed just thing for a lesson on communion. You'll find the recipe on the last page.

Just like with cookie dough, you can form them using cookie cutters, stencils, or free form. You may wish to make Christian symbols (look up Chrismon ornaments perhaps) or maybe some hearts for Valentines day. Let it be a reminder to you of the New Covenant, of God's grace, and of the presence of the Holy Spirit.

**Learn More:**

Communion in the Methodist Church - <https://www.umc.org/en/content/an-open-table-how-united-methodists-understand-communion>

Methodist Means of Grace - [//www.umc.org/en/content/the-wesleyan-means-of-grace](https://www.umc.org/en/content/the-wesleyan-means-of-grace)  
The categories correspond with Asbury's Discipleship Pathway: Works of Piety - worship and grow, Works of Mercy - serve and share.



**Jesus said to his disciples,  
“Do this in remembrance of me.”**

## The Last Supper Bowling Quiz

### Set-up:

- If you don't have a bowling set, use empty plastic bottles or boxes of mac & cheese for pins. Choose a ball that is not too light or likely to bounce.
- Have a Bible handy for reference.
- Paper and pen for keeping score.

### Rules:

- Each person answers a question. If they get it right (from memory), they two chances to knock down the pins. If they get it right with help of a reference (Bible), they get one chance to knock down the pins. If they get it wrong, no chances. If it is a "strike" and they have two chances to knock down the pins, set up all 10 pins again for their second chance.
- If they knock down 9 or less, the second attempt is with the remaining pin.

### Scoring:

- 1 point for each pin knocked down.
- 12 points for a strike.
- The first person to reach 50 points wins. You can also play in teams.

### Game Questions from Luke 22: 7–20:

1. The Bible story we read today was from which book? (Luke)
2. Is the book of Luke in the Old or New Testament? (New)
4. Jesus and the disciples were getting ready to celebrate the Festival of Unleavened Bread. What's another name for this celebration? –Luke 22: 7 (The Passover)  
a. Birthday party   b. The Passover   c. Baptism
5. Jesus sent two disciples into the city to prepare the Passover meal to eat. Name one of those disciples. (Either Peter or John) – Luke 22: 8
7. How did Peter and John know where to go? (Jesus gave them) – Luke 22: 10
9. At the first Lord's Supper, who sat at the table with Jesus? (The disciples, the apostles, or name each one – Simon Peter, Simon, Thomas, Thaddeus, James, John, James Judas, Matthew, Andrew, Phillip, Bartholomew – They may use a "helper" to get the names – 2 S's – 2 T's - 4 J's – and Map B) – Luke 22:14
11. When did Jesus say He would eat His next Passover meal? (When the Kingdom of God comes) – Luke 22:16
12. Why was the Last Supper eaten in secret? (The religious leaders were trying to arrest & kill Jesus) Luke 22: 2
13. During the Passover meal, Jesus took a piece of bread, gave thanks to God, broke it, and said, what? (This is my body, which is given for you. Do this in memory of me.) – Luke 22: 19
14. After supper, he gave the cup of wine to his disciples and said, "This cup is God's new covenant sealed with my \_\_\_\_\_, which is poured out for you." What was it sealed with? (Jesus' blood) – Luke 22: 20

15. What is a covenant? (A promise – a binding agreement)

a. A blanket    b. A promise – a binding agreement    c. A game

17. What did Jesus serve at the Last Supper? (Wine and unleavened bread) -Luke 22:18,19

20. What did the bread signify according to Jesus? (His body) -Luke 22: 19

21. What does the wine symbolize? (His blood) -Luke 22: 20

22. What is another name for the Lord's Supper today? (Communion)

24. (Hard) What is the new covenant that Jesus talks about? (The new covenant replaces the old covenant. The old covenant was with Israel through Moses. It dates back to when God freed the Israelites from Egyptian slavery – which is why the Jews celebrate Passover – the same celebration that Jesus was having with His disciples at the Last Supper. Jeremiah predicted the new covenant in the Old Testament. -(Jeremiah 31:31-34)- It said God would write His law on our hearts, to be our God and we His people, forgive us and remember our sins no more) – Simplified - The Last Supper signified the replacement of the old covenant (set free from slavery) with the new covenant (set free from sin), which was sealed solely by the blood of Jesus.

From Rotation.org – Sunday School Lessons & Ideas

# Bread Dough Ornaments

## Ingredients & Supplies

- 1 cup flour
- ¼ cup salt
- ⅓ cup plus 1 tablespoon warm water
- 1 package food dye (optional)
- Rolling pin
- Cookie Cutters
- 1 drinking straw
- No stick cooking spray
- Acrylic Paint
- 1 roll colorful ribbon (⅛ to ¼ inch wide)



## Instructions for Colored Ornaments:

1. Preheat oven to 250°F. Mix flour and salt in small bowl. Mix water and food color. Stir into flour mixture. Knead with hands about 10 minutes or until dough is smooth and color is well distributed. (May want gloves)
2. Roll dough to ¼ inch thickness on a clean surface. Cut with cookie cutters. Use a toothpick or other “tools” to make details.
3. Transfer to baking sheet. Make a hole in top of ornaments with drinking straw or toothpick. Spray ornaments with no stick cooking spray to seal in color.
4. Bake 1 hour. Insert ribbon through holes and tie to hang.

## Instructions for Painted Ornaments:

1. Preheat oven to 250°F. Mix flour and salt in small bowl. Mix water and drops of food color specified below. Stir into flour mixture. Knead with hands about 10 minutes or until dough is smooth and color is well distributed.
2. Roll dough to 1/4-inch thickness on a clean surface. Cut with cookie cutters. Use a toothpick or other “tools” to make details.
3. Transfer to baking sheet. Make a hole in top of ornaments with drinking straw or toothpick.
4. Bake 1 hour.
5. Let cool. Paint ornaments, then seal with clear coat. Insert ribbon through the hole.

\*If wanting to paint dyed ornaments, do not spray with cooking spray prior to baking.