



elev8

life on another level

Student Workbook

YEAR 3

**Seasons and
Celebrations**

Communion

Bible Readings

Matthew 26

1 Corinthians 11

Acts 2



Learning Outcomes

At the end of this week you will be able to:

- Locate the theme of Communion in the Bible.
- Express the story in your own way.
- Apply your learning from the story to your own life and community.

Notes from Bible Reading

Scripture A word or phrase that stood out to me:

Observation What is happening in this Bible reading?

Application Something that I learned about who I am or how I should live:

Prayer What I would like to say to God, ask of God, or what I think God is saying to me:

Key Question What is the significance of Communion?

Engage

Go around the group and share one thing for each heading that has happened since you last met:

- Plus – What has been good or enjoyable?
- Minus – What has been difficult or painful?
- Interesting – What has been unusual or thought provoking?

What is your favourite meal of the day? What is it about the meal that makes it your favourite?

Explore – Locate

- *What stood out to you in the Bible readings this week?*
- *What did you find meaningful or significant?*
- *Is there anything that you didn't understand or found confusing?*
- *Any questions or comments you may have?*

Read together: Matthew 26:17-30

The story of the last supper is possibly the most famous, or at the very least, the story that is referred to more often than any other. It's been depicted in film, song, and artwork for centuries.

And the last supper, for Christians, symbolises a significant ritual that would be performed in churches and gatherings for generations after the event as recorded in the Gospels.

Sometimes, when rituals are performed regularly, they begin to lose their significance. We can become desensitised to the vitality that the ritual offers us, or we can simply become bogged in routine and our minds become distant from the importance of the ritual. This can be true of communion.

Jesus was sharing a meal with his followers. It wasn't just any meal, it was the Passover. The Passover was a significant meal that was shared by Jewish believers to act as a reminder, a way of remembering.

What significant thing was the Passover symbolising? The exodus from Egypt, the freedom of the Jewish people from oppression, and it served as a reminder that God was with them always.

So, we have Jesus, a Jew, remembering the significance of Egypt over a meal with his followers, saying that this meal has significance.

Food is essential for sustenance and survival. Put simply, without food, we die. And Jesus links the significance of food with the memory of his life and ministry on earth. Each time we are sustained, we remember the significance of Jesus and his ministry. Each time we share a meal, we remember the significance of the amazing love that Jesus shared with people.

The things that sustain us can serve as reminders of the radical way of Jesus who showed love, peace, grace, and gave hope to many.

Explore – Express

Share a meal together. This is a sacred meal.

You might like to light some candles, one to signify Jesus' presence at the meal, and a second to signify your presence.

Spend time over the meal sharing about your lives :
How is Jesus sustaining you?

Where are you offering sustenance to others through your faith in Jesus?

During the meal, read out sections of the last supper, and the other biblical references above.

Explore – Integrate

How often does your church distribute communion?
Many different denominations perform communion at different times and in different ways, some distribute it weekly, others monthly, and some once a year.

What is significant for you about communion?

Have you ever thought about communion being a meal? What might be important about Jesus linking the act of sharing a meal together to his ministry?

Extend

Discuss with your group the challenges you are tackling. Use the time to ask for any help you might need.

Questions that may be helpful include:

- What challenges are you working on at the moment?
- Do you need any support or assistance?
- Are there any challenges that you have completed that we need to recognise and celebrate?
- Are there any new challenges that you want to work on?

Encourage

Tell another student in your group something you value or appreciate about them.

Share one thing you would like to pray for and pray for one another.

Get one member of the group to recite this alternative version of the Lord's prayer:

*Lord God, who is beyond our comprehension,
May we remember your holiness.*

*Let Your way, and love, and wisdom be done,
Here in our daily lives, as it is done in places that
we cannot see.*

*Gives us each day the things that will sustain us,
And forgive us in those times when we stuff it up,
Because we are also willing to forgive others who
stuff it up too.*

*Give us the strength, wisdom, and will to resist temptation,
And show us your way, when the path appears dark.*

Amen