

# Let Us Bow Down Before God!

## *Jesus – This is My Body*

UNIT  
2  
Lesson  
Five



### Prayer Starter

In the name of the Father, the Son, and the Holy Spirit...

Dear Lord, we know your love through Jesus Christ. Help us to listen attentively to all you have to tell us through the reading of the Holy Gospels in church. And give us the power and will to take your word out into the world in all we say and do. Amen.

### Hye-Q

*Use your Bible to answer the following questions on the four Gospels.*

1. Which Gospel is the shortest? \_\_\_\_\_
2. Which Gospel starts with the words “In the beginning was the Word...”? \_\_\_\_\_
3. The shortest verse in the Bible is in the Gospel of John 11:35. Write it here: \_\_\_\_\_
4. Which Gospel starts with a list of the ancestors of Jesus? \_\_\_\_\_
5. What story is told in Luke 22:7-20 and Matthew 26:17-30 and Mark 14:12-26? \_\_\_\_\_
6. Look at Luke 15:11-35. This is the only Gospel that tells this story. What story is it? \_\_\_\_\_



# Daily Bread

The last time Jesus was together with all of his disciples has come to be called the “Last Supper.” It took place at the Feast of Passover. Jesus sat with his 12 disciples and had dinner. As part of the dinner, Jesus did something very different. He blessed the bread and gave some to each of the disciples and said, “Take this and eat it. It is my body.” He blessed the wine and offered them the cup, saying to them, “Take this and drink it. It is my blood.”



When he did this, he was using the symbols of the bread and wine to say that when they believe in him and his teachings, he becomes a part of them. He is like food and drink that will nourish them. They are filled and healthy spiritually by having faith in his love and teachings, just as people are filled and healthy physically by eating and drinking.

In a way, every Sunday is a Last Supper. Just as the disciples, we too, are invited to Jesus’ table to share in the bread and wine which is Jesus himself. We have a chance every week to start new and be part of the new “covenant” Jesus established that night.

## SCRIPTURE SOURCE

And he took bread and gave thanks and broke it, and gave it to them saying, “This is my body given for you; do this in remembrance of me. In the same way, after the supper, he took the cup, saying: This is the new covenant in my blood, which is poured out for you..”

*Luke 22: 17-20*

Notice the underlined sentences. Write each one on the first line. On the second line, write what this means to you.

1. \_\_\_\_\_

2. This means \_\_\_\_\_

1. \_\_\_\_\_

2. This means \_\_\_\_\_





## IN THE ARMENIAN TRADITION

In a way, an Armenian priest recreates the Last Supper of two thousand years ago every Sunday!

He blesses the bread and wine, asks for the Holy Spirit to change it into the very body and blood of Jesus and then turns to all of us in the pews, lifting the chalice and wafer high above him. It has now become Jesus himself.

Confession then becomes a time to clean our hearts, preparing it for Jesus. We go up to the altar, receive Communion, and now have new spiritual strength to face a new week.

## BIBLE BYTES

**Covenant** *The word “covenant” is used often in the Bible. It means a promise or an agreement. Jesus uses this word at the Last Supper when he says that the bread and wine are signs of the new covenant.*

## CELEBRATE WITH GOD

Receiving Holy Communion





Jesus and his disciples had their special dinner during the Jewish feast of Passover. (Since it was their last time all together, it is known to Christians as "the Last Supper.") Passover is a celebration of the story of

Exodus from the Old Testament, when Moses led the Jews out of slavery. The Jewish community still celebrates Passover today with a special meal called a "seder."

## Well Versed

"This is my body given for you; do this in remembrance of me."

*Luke 22:19*

## Family Focus

This week, we took a close look at the Last Supper when Jesus instituted the central act of our Liturgy – the Eucharist (Holy Communion). Students learned the meaning of the bread and wine and how we re-experience the Last Supper every Sunday at Badarak. If you joined us today when we received Holy Communion as a class, you know what a joy it was to be together for this spiritually nourishing sacrament.

## Living Your Faith

1. Take time this week to look up famous paintings of the Last Supper with your family. You can do this on your computer or at the library. The most famous one is by Leonardo Da Vinci.
2. Draw a picture of the cup that might have held the wine at the last supper. What would it have been made out of?

3. Once you are back in the classroom and settled, ask the children what they saw happen on the altar. Make sure that the following is mentioned: 1. The deacon lifted up the Gospel book and proceeded around the altar with it 2. He held it high above his head before the congregation for all of us to see and honor 3. The reader of the Bible kissed it before they read out loud. Read or teach **In the Armenian Tradition** as a good summary.

4. Have students complete the **Hye Q** for a brief review. 10 min.

5. Ask students to look at their Bibles. Direct them to open it to the Table of Contents and have them note that it is in two sections. Have everyone find the Old Testament in their Bibles. Explain to them that this part of the Bible tells us about the creation of the world and stories of the people of God before Jesus. We learned about some of them in the first unit, people like Noah, Moses, and Esther.

Then point to the section that is the New Testament noting that this is all about the life and teachings of Jesus while he was on earth and about the early church and the work of the Holy Spirit in inspiring believers. It seems shorter because it has fewer stories and covers less time, but it is even more important to us as Christians. Tell the children that the first four books of the New Testament are called the Gospels. If there is time, review **Did You Know?** and **Bible Bytes**, which includes the names of the four Gospels in Armenian. 5 min.

6. Read **Daily Bread** and **Scripture Source** together. Distribute the color copy of the Gospel writer Matthew, the white paper (fold in half and then half again to form a small “book”) and glue sticks. Have them glue the picture on the front page of their booklets. Point to what you’d written on the board and ask students to copy it on the inside of their booklets. If you have more time, or would like to expand the activity, have children look at Matthew chapters 5 through 7 and pick out a verse they would like to copy. As they work, refer them to the sidebars and review information.

7. Invite the students to share the **Family Focus** activity at home. Close by saying: “One of the

prayers Jesus taught during the Sermon on the Mount was the Lord’s Prayer and we say this prayer often at church and at Sunday School. Hopefully you also have opportunities to say it at home. In Armenian, we call this what? Yes, **Hayr Mer**. Let’s end our class together with this prayer.” Pray the **Hayr Mer**. If you see that students need practice, you might want to use this prayer regularly before and at the end of class over the next weeks. Dismiss the class. 15 min.

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## Let Us Bow Down Before God!

*Jesus: This is My Body*

### Key Concepts

1. At the Last Supper, Jesus formally established a “new covenant” in his body and blood.
2. The Soorp Badarak relives that moment and, in the Eucharist, allows all worshippers to share in the promise of Jesus’ covenant.

### Objectives

During this session students will

1. Review the Gospels through hands-on study and a webbing exercise.
2. Explore the story and significance of the Last Supper.
3. Establish the connection between the actions and words of Jesus at the Last Supper with the Eucharist.
4. Attend church to receive Holy Communion.

### Materials Needed

Divine Liturgy Book (one for each child or pair)

Optional: Refreshments for after Communion

### Procedure

1. Welcome the students and say the opening prayer together. Have the children answer the questions in **Hye Q**. Answers: 1. Mark, 2. John, 3. Jesus wept, 4. Matthew, 5. The Last Supper, 6. The Prodigal Son 10 min.
2. Read **Daily Bread**. Write the words “The Four Gospels” in a rectangle on the board. Ask

students to tell you all they know about them. As they answer, write it on the board (or have two volunteers help with this) and connect the answer with a line to the rectangle. Possible answers: New Testament, first four books, Matthew, Mark, Luke, John, Jesus, teachings, life, resurrection, parables, stories, prayers, read aloud in church, etc. As a segue, conclude the exercise by saying: “One of the most famous events in the Gospels was the Last Supper. Can anyone tell me what that was about?” Some students might be able to offer a few details. If not, or to continue, read **Daily Bread**. 10 min.

3. Read **Scripture Source** and have students write and reflect on each of these lines. Accept all answers but make sure it is noted that “in remembrance of me” implies that 1. Jesus asked us to remember him, 2. He asked us to remember him by receiving Holy Communion - the bread and wine that are his body and blood. 3. He looks at each of us, as he did the disciples, in extending this invitation. “This is the new covenant” implies that 1. Jesus is announcing a new covenant or agreement 2. He is making everything new, including his community. 3. He is able to make each of us new, part of this new covenant 4. One of the ways we help Jesus do this is by being made new in Holy Communion. 5 min.
4. Distribute Badarak books and have students open to page 39a and take turns reading, starting with “In holiness, let us taste of the holy and precious . . . .” When they are finished reading, ask them if this reminds them of the Last Supper. Point out that the actions of the priest echo those of Jesus on that night. The priest, too, blesses wine and the bread (in the shape of a wafer or nushkhar) and then shares it with all of those who go forward. Those who receive Communion first review their wrongdoings in the group confession, a wonderful time to say “I can see that I didn’t always do what Jesus would have wanted: I intend to do better next time.” (Next week’s session is specifically on Confession). Read **In the Armenian Tradition**. 10 min.
5. Go up to church for prayer, singing, confession, and Holy Communion. Dismiss from church or return to class for refreshments. 20 min +

UNIT  
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Six

## Let Us Bow Down Before God!

### *Starting Over Every Sunday*

#### Key Concepts

1. Penance and confession allow us to renew ourselves with the love of Jesus.
2. The sacrament of penance is essential to receiving Holy Communion.
3. We free ourselves from sin by participating in confession; then we are open to receive Communion and the mercy of Jesus Christ in order to get a “fresh start” every week.

#### Objectives

During this session students will

1. Review the Last Supper.
2. Explore the concepts of sin and confession.
3. Reflect upon specific examples of how the strength received through penance and Holy Communion can help them in the coming week.
4. Go to church for confession and Holy Communion.

#### Materials Needed

Divine Liturgy Books  
Snacks

#### Note to the Teacher

Next week’s class will be dismissed from church. Notify parents accordingly. Also, you might want a volunteer choir member or parent to teach the brief hymn.

#### Procedure

1. Welcome the students and say the opening prayer together. Have the children answer the **Hye Q** review questions. Answers; 1. a, 2. b, 3. c, 4. d.
2. Read **Daily Bread**. Discuss questions. The words and actions are: Jesus takes bread, blesses it, breaks it and shares it with his disciples saying “take, eat, this is my body.” Then he takes the wine, blesses it and shares it with his disciples saying “Take and drink, this is my blood. This is the sign of the new covenant.” For the second question, discuss situations at school and at home. You might want to