



# Communion Instruction



Name \_\_\_\_\_

# Communion Instruction

## Family of Christ 2017 Course Schedule

### January 4

#### **Orientation to Communion Instruction**

**Session 1:** Introduction to Holy Communion

### January 11

**Session 2:** Gods Law and examining ourselves

**Session 3:** Grace and the Gospel

### January 18

**Session 4:** Means of Grace - How God Gives Me Gifts

**Session 5:** Real Presence

### January 25

**Session 6:** A Meal of Forgiveness and Other Blessings

**Session 7:** Communion and Worship

### February 2

**Final:** Communion Written Exam

**Session 8:** Communion Procedures

### First Communion

- Wednesday March 1 (Ash Wednesday) at 5:00pm or 7:00pm

**Note:** To make up any missed attendance, session videos are available on the church website ([foclutheran.org](http://foclutheran.org)) under the Children/Youth tab on the Jr. High/Student Resource page.

# Session 1

## “Communion Introduction” Communion Instruction Student Worksheet

### Key Verse

For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life. - John 3:16

### The Bible Is...

- 
- 
- 
- 

### God...

- is perfectly \_\_\_\_\_
- is perfectly \_\_\_\_\_
- Is perfectly \_\_\_\_\_
- Always \_\_\_\_\_ His \_\_\_\_\_

### Life in Six Words

**G**\_\_\_\_\_ created \_\_\_\_\_ to be with \_\_\_\_\_.  
**O**\_\_\_\_\_ sins \_\_\_\_\_ us from \_\_\_\_\_.  
**S**\_\_\_\_\_ cannot be \_\_\_\_\_ by good \_\_\_\_\_.  
**P**\_\_\_\_\_ the price for sin, \_\_\_\_\_ died and rose again.  
**E**\_\_\_\_\_ who \_\_\_\_\_ in Him alone has eternal \_\_\_\_\_.  
**L**\_\_\_\_\_ God and loving \_\_\_\_\_ is our response to what God has done for us.

### What is Holy Communion?

“It is the true \_\_\_\_\_ and \_\_\_\_\_ of our Lord Jesus Christ under the \_\_\_\_\_ and \_\_\_\_\_, instituted by Christ Himself for us to eat and drink”  
– Martin Luther

### Why do we participate in Holy Communion?

- 1.
- 2.

### What is the main blessing of Holy Communion?

### What are some other names for Communion and what do the various names tell us about Communion?

Name:	What does it tell us about Communion:

### Communion at Family of Christ

- During Worship on 1st, 3rd and 5th Sunday’s
- Also at special services such as Easter, Thanksgiving, Christmas and Maundy Thursday.
- Consecrated by one of the Pastors and distributed by Pastors and Lay Ministers

# Session 2

## “The Law”

### Communion Instruction Student Worksheet

#### Key Verse

A man ought to examine himself before he eats of the bread and drinks of the cup.  
- I Corinthians 11:28

**1. What are the three kinds of Law God gives in the Bible. How is each important?**

Type of Law	Bible Reference	Description
	<b>1 Timothy 1:9</b>	
	<b>Romans 3:20</b>	
	<b>Psalm 119:105</b>	

**2. Because God is holy and just, what does He require of every person?**

See Matthew 5:48

- Be \_\_\_\_\_, therefore, as your heavenly Father is perfect.

**3. If honest, what must we confess?**

See I John 1:8

- We must confess that we are \_\_\_\_\_.

**4. What do we deserve because of our sin?**

See Romans 6:23a

- We deserve eternal \_\_\_\_\_ because of our sin.

**5. What does God Teach us in his word concerning sin?**

See Romans 3:23

- All people \_\_\_\_\_ and fall short of Gods \_\_\_\_\_.

See Psalm 51:5

- We were sinful from birth. We call this \_\_\_\_\_.

**6. Three Questions to ask before taking Communion.**

- 1.
- 2.
- 3.

**7. For Discussion**

1. Why is using the law as a mirror so important as we prepare to receive the Lord's Supper?
2. Considering your conclusion why is the Lord's Supper important for you to receive? (See Matthew 26:26-28)

# Session 3

## “Grace and the Gospel” Communion Instruction Student Worksheet

### Key Verse

Therefore, since we have been justified through faith, we have peace with God through our Lord Jesus Christ, through whom we have gained access by faith into this grace in which we now stand.

- Romans 5:1

### For Discussion

More than anything else, what does Gods Law show us about ourselves?

#### 1. Grace...

describes God’s underserved \_\_\_\_\_ of forgiveness for sins and eternal life through faith in Jesus’ death on the Cross

- G.R.A.C.E. (G\_\_\_\_\_ R\_\_\_\_\_ A\_\_ C\_\_\_\_\_ E\_\_\_\_\_)

#### 2a. What does God’s grace tell us about God?

- God \_\_\_\_\_ us so much that He willingly sent His \_\_\_\_\_ to suffer and die on the cross for our sins. (John 3:16)

#### 2b. What does God’s grace tell us about us?

- God’s grace tells us we are of great \_\_\_\_\_ to God?

#### 3. The Gospel...

- Is the \_\_\_\_\_ that we are \_\_\_\_\_ from the \_\_\_\_\_, the \_\_\_\_\_, and the \_\_\_\_\_ of \_\_\_\_\_ and are \_\_\_\_\_ eternally from our sin because of \_\_\_\_\_ keeping the Law and His suffering death on the cross for us.

- S.O.S. (\_\_\_\_\_)

#### 4. The Bible uses many words to help us understand what God has accomplished for us by grace in Jesus Christ. (See Romans 3:23-26)

a. \_\_\_\_\_

- God declares us “not guilty”.
- Just-as-if-I’d” (never done it)

b. \_\_\_\_\_

- Jesus paid the price for our sin

c. \_\_\_\_\_

- Is the sacrifice that satisfies the righteous wrath of God

### For Discussion...

1. Why did Jesus have to die?
2. How is Jesus’ death good news?

# Session 4

## “The Means of Grace”

### Communion Instruction Student Worksheet

#### Key Verse

You are all sons of God through faith in Christ, for all of you who were baptized into Christ have clothed yourselves with Christ.

- Galatians 3:26-27

**1. How is God’s forgiveness made available to us?** (See Romans 1:16 and John 3:16)

God offers His gift of forgiveness to all who \_\_\_\_\_ in Jesus as Savior.

**2a. What phrase does the Church use to describe the ways that God gives us his gifts of love and forgiveness.**

**2b. What are the Means of Grace**

The \_\_\_\_\_ and \_\_\_\_\_ word of the gospel (God’s Word)

The \_\_\_\_\_ ( \_\_\_\_\_ & \_\_\_\_\_ )

**3. How does God’s “written and spoken Word” express His Grace?**

It reminds us that we are greatly \_\_\_\_\_ and \_\_\_\_\_ children of \_\_\_\_\_.

**4. What is a Sacrament?**

- Holy \_\_\_\_\_ commanded by \_\_\_\_\_
- Has \_\_\_\_\_ elements
- Gives \_\_\_\_\_ of sins

**5. What are the two sacraments**

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

**6. What does God provide to us in His Sacraments?** (See Acts 2:38 and Matthew 26:28)

**7. Besides forgiveness, what other blessings does God give us in Baptism?** (See the following versus)

- a. 1 John 3:1 (we are made God’s \_\_\_\_\_)
- b. Romans 6:4 (We are given new life on \_\_\_\_\_ and eternal life in \_\_\_\_\_.)
- c. John 3:5 (We inherit the \_\_\_\_\_ of God)

**8. When Jesus began (instituted) the Lord’s Supper, He was celebrating the Passover meal with His disciples.**

**a. What did people remember when they celebrated the Passover? See Exodus 12-14**

The people of Israel remembered their \_\_\_\_\_ from Egypt and the cruelty of pharaoh.

**b. What do we remember when we receive the Lords Supper? 1 Corinthians 11:26**

We remember the \_\_\_\_\_ God provided us through the death of His son on the cross.

# Session 5

## “Real Presence”

### Communion Instruction Student Worksheet

#### Key Verse

While they were eating, Jesus took bread, gave thanks and broke it, and gave it to his disciples, saying, “Take and eat; this is my body.” Then he took the cup, gave thanks and offered it to them, saying, “Drink from it, all of you. This is my blood of the covenant, which is poured out for many for the forgiveness of sins. - Mathew 26:26-28

1. **What did Jesus say when He distributed the bread to His disciples?** See Matthew 26:26
2. **What did Jesus say when He distributed the wine to His disciples?** See Matthew 26:28
3. **What did Jesus mean when He said, “This is My body. This is my blood”?** See 1 Cor. 11:27-29
  - Jesus \_\_\_\_\_ what He \_\_\_\_\_. Whoever eats the bread eats His \_\_\_\_\_.
  - Whoever drinks the wine drinks His \_\_\_\_\_.
4. **What do we still receive when we eat His body and drink His blood? What do we still receive when we eat bread and drink wine in the Lord’s Supper?** See 1 Corinthians 10:16

#### Real Presence

- 1.
- 2.
- 3.
- 4.

#### For Discussion:

Why do you think God chooses to come to us in this “Real Presence” way through Communion?

# Session 6

## “Forgiveness and other Blessings” Communion Instruction Student Worksheet

### Key Verse

By one sacrifice He has made perfect forever those who are being made holy.  
- Hebrews 10:14

1. What is the chief blessing of Holy Communion? (See Matthew 26:28)
2. Before Jesus died on the cross, the Jewish priests sacrificed animals daily for the forgiveness of sins. How is Jesus’ sacrifice on the cross different from and better than these other sacrifices? (See Hebrews 10:11-12)
3. How do you know for sure that your sins are forgiven in the Lord’s Supper? (See Matthew 26:28 and 1 John 1:7)
4. Besides forgiveness, what other blessings does God provide in the Lord’s Supper?
  - A. \_\_\_\_\_ (See Romans 6:8, Romans 8:10 and 1 Peter 2:24)
  - B. \_\_\_\_\_ (See 1 Corinthians 10:16-17)
5. What is it that gives such power in Holy Communion?
  - It is not the wine or the bread but it is the \_\_\_\_\_ of \_\_\_\_\_ shared during the \_\_\_\_\_ of the Elements
6. Who should receive Holy Communion? (See 1 Corinthians 11:27-29)
  - Those who \_\_\_\_\_ in \_\_\_\_\_ and believe in His true \_\_\_\_\_ in the Lord’s Supper.
7. Should you take the Communion if you are feeling weak in the faith? (See 1 Peter 2:24)



# Session 7

## “Worship”

### Communion Instruction Student Worksheet

#### Key Verse

Therefore, I urge you, in view of God’s mercy, to offer your bodies as living sacrifices, holy and pleasing to God – this is your spiritual act of worship.

- Romans 12:1

#### Martin Luther and Worship

“The rhythm of our worship is from Him to us, and then from us back to Him. He gives His gifts, and together we receive and extol them. We build one another up as we speak to one another in psalms, hymns, and spiritual songs.”

#### 1. The rhythm of worship

- \_\_\_\_\_ (Word & Sacrament)
- \_\_\_\_\_ (Praise & Thanks)

**2. The following are the components of worship. Draw an arrow pointing down if the Lord is speaking to us in this part of worship and an arrow pointing up if we are speaking or responding to Him.**

- |                    |                |
|--------------------|----------------|
| 1. Invocation      | 6. Offerings   |
| 2. Songs and Hymns | 7. Communion   |
| 3. Bible Readings  | 8. Prayers     |
| 4. Creed           | 9. Benediction |
| 5. Sermon          |                |

**3. The Lord’s Supper is often referred to as the climax of worship. Why?**

- Jesus is truly \_\_\_\_\_
- We receive the \_\_\_\_\_

**4. What do God’s blessings prompt us to do?**

- Move us out into our \_\_\_\_\_
- To share His love at \_\_\_\_\_
- To Serve \_\_\_\_\_

#### Communion Procedures

1. Examine yourself before taking communion. (Use the three questions taught in class)
2. Proceed in line to the Minister distributing the bread/body
3. Extend your hands to receive the bread from the Minister
4. Move to the person distributing the wine/blood
5. Select a cup from the tray (Red cups are wine and white cups are grape juice)
6. Drop your empty cup in the basket held by one of the acolytes
7. Have a moment of personal silent prayer (either at the altar or back at your seat) to thank God for the blessings of communion.

# Note Page

# Family of Christ Communion Covenant

Date: \_\_\_\_\_

Students Name: \_\_\_\_\_

Parents Name: \_\_\_\_\_

Students Communion Test Score: \_\_\_\_\_

**Parent(s):**

\_\_\_\_ Yes! I give my blessing for my child listed above to participate in Holy Communion. I feel he/she is both spiritually and cognitively ready to participate in Communion in a way that will demonstrate honor and respect for Christ. I will encourage my child to participate in worship and communion on a regular basis in order to worship our Lord as well as receive Gods love and forgiveness.

\_\_\_\_\_  
(Parents Signature)

**Student:**

\_\_\_\_ Yes! I am ready to participate in Holy Communion. I have faith in Jesus as my Lord and Savior and I acknowledge that Christ is truly present within the bread and wine of Holy Communion. I am prepared to examine myself each time I participate in this special meal and I have faith that God can forgive all my sins no matter how big or small.

\_\_\_\_\_  
(Students Signature)

**First Communion:**

\_\_\_\_ Yes, We plan to participate in the First Communion service during Ash Wednesday Worship on Wednesday, March 1 at... \_\_\_\_ 5:00pm \_\_\_\_ 7:00pm.

\_\_\_\_ No, We are unable to participate in the Communion service on March. We plan to have our child participate in his/her First Communion on... \_\_\_\_\_  
(Communion is offered every 1<sup>st</sup> and 3<sup>rd</sup> Sunday's of the Month)