

# FIRST COMMUNION

## Preparation Guide

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*“For whenever you eat this bread and drink this cup,  
you proclaim the Lord’s death until he comes.”*  
1 Corinthians 11:26



# The Sacrament of Holy Communion

**Welcome to our online 5th Grade First Communion Class:** This class is meant as an introduction to the Sacrament of Holy Communion. It is meant to provide a basis for further learning and seeks to raise questions and spur discussion. It rests on the premise that the ‘how’ of the sacrament is for God to know and us to ponder, but the ‘why’ of this gift of love and forgiveness is clear: Holy Communion sustains and keeps us new. We hope you enjoy these lessons and they help you have a better understanding of how Holy Communion sustains and keeps us new.

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# The Sacraments

The Lutheran church believes that God has given two sacraments to His church. They are the Sacrament of Holy Baptism and the Sacrament of Holy Communion.

A sacrament is a way God gives forgiveness and life to His people. There are three things necessary for something to be a sacrament. They are:


- 1) **Gift of God's Grace.** It brings God's grace and forgiveness to people.
- 2) **Commanded By Christ.**
- 3) **Physical Element Attached.** It must use an earthly element: some common item from this world.

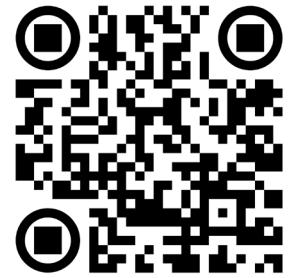
The Sacrament of Baptism and the Sacrament of Holy Communion both give us life, forgiveness, and salvation. These gifts come to us for the first time in Baptism and they come to us again each time we take Communion.

	Baptism	Holy Communion
Gift Of God's Grace	The forgiveness of sins and becoming a child of God.	The forgiveness of sins and the real presence of Jesus.
Commanded By Christ	Jesus said, "Therefore, go and make disciples of all the nations, baptizing them in the name of the Father and of the Son and the Holy Spirit." Matthew 28:19	Jesus said, "On the night when he was betrayed, the Lord Jesus took some bread and gave thanks to God for it. Then he broke it in pieces and said, "This is my body, which is given for you. Do this to remember me." In the same way, he took the cup of wine after supper, saying, "This cup is the new covenant between God and his people—an agreement confirmed with my blood. Do this to remember me as often as you drink it." 1 Corinthians 11:23-25
Physical Element Attached	Water	Bread and Wine

# What is Communion?

Our pastors and youth team will cover these questions during First Communion Instruction.

If you are participating virtually, please view the corresponding videos on Hope's YouTube channel (Fargo Hope - 5th Grade First Communion Playlist): 



## Sacrament

What is a Sacrament?

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## Bread & Wine

Why do we use bread and wine?

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## Why do we take communion?

How is Jesus present in the bread and wine?

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## How will you prepare for communion?

Who is communion for?

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What is communion for?

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# The Passover

1) Read Exodus 12:1-28 carefully.

2) Who is speaking to whom in 12:1? \_\_\_\_\_ to \_\_\_\_\_ and \_\_\_\_\_.

3) What kind of animal was sacrificed? \_\_\_\_\_ (verse 3)

4) What happened to the lamb?

“Take care of them until the \_\_\_\_\_ day of the month, when all the members of the \_\_\_\_\_ of Israel must slaughter them at twilight.” (verse 6)

“Then they are to take some of the \_\_\_\_\_ and put it on the sides and tops of the \_\_\_\_\_ of the houses where they eat the lambs.” (verse 7)

5) What all did the Israelites eat that night?

“That same night they are to eat the \_\_\_\_\_ roasted over the fire, along with bitter herbs, and \_\_\_\_\_ made without \_\_\_\_\_.” (verse 8)

6) How were the Israelites to eat?

“This is how you are to eat it: with your \_\_\_\_\_ tucked into your belt, your sandals on your feet and your staff in your \_\_\_\_\_. Eat it in \_\_\_\_\_; it is the Lord’s Passover. (Verse 11)

7) Read verses 13 and 23 again. Why was this event called “Passover”?

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8) What did God say in verse 14?

“This is a day you are to \_\_\_\_\_; for the generations to come you shall celebrate it as a \_\_\_\_\_ to the Lord—a lasting ordinance.”

9) What else is Passover called in verse 17?

“Celebrate the \_\_\_\_\_ of \_\_\_\_\_.”

10) Why was the blood on the door important? (verse 23) \_\_\_\_\_  
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# The Last Supper

## Read the account of the Lord's Supper in Mark 14:12-17.

1) When did the Last Supper take place?

“On the first day of the \_\_\_\_\_, when it was customary to sacrifice the Passover \_\_\_\_\_” (verse 12)

2) What kind of meal were the disciples supposed to prepare?

A \_\_\_\_\_ meal (verse 16)

3) What does Jesus tell His disciples during the Last Supper?

“Truly I tell you, one of you will \_\_\_\_\_ me—one who is eating with me.” (verse 17-18)

## Now read Matthew 26:26-28.

4) What are the two parts or elements of the meal? \_\_\_\_\_ and \_\_\_\_\_ (verses 26-27)

5) In verse 26, what does Jesus say about the bread?

“Take and eat; this is my \_\_\_\_\_”

6) In verses 27-28, what does Jesus say about the wine in the cup?

“Then he took a cup, and when he had given thanks, he gave it to them saying, \_\_\_\_\_ from it, all of you. This is my \_\_\_\_\_ of the covenant, which is poured out for \_\_\_\_\_ for the \_\_\_\_\_ of our sins.”

7) How do these words of Jesus fulfill the promise God made in Jeremiah 31:31-34? (See Exercise 2 again.)

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Note that another word for “agreement” is “covenant” or “testament.” The covenant Jesus made at the Last Supper is the “new” one that God promised in Jeremiah 31. Now you know why we divide up our Bibles into a New and an Old \_\_\_\_\_!

## Interviews

**Interview one of your parents or some other adult using these questions. Write in that person's answers in the space provided.**

When and where did you first receive Holy Communion?

Tell me something special about a Communion service you remember.

What's one thing you like about receiving Communion?

**Now have that person interview you using the following questions. Be sure to have them write in your answers.**

Are you anxious to receive Holy Communion? Why?

Do you admit your sins to God and look forward to the forgiveness we receive in Communion?

What does the "Real Presence" of Christ in Communion mean to you?

What questions do you have about Communion?

## A Passover Sedar

A Sedar is a ritual meal at Passover comprised of a series of spoken words and practices that are followed carefully both before, during, and after the festive Passover meal itself.

**Instructions:** Gather the food and beverages prior to watching Video #5. After gathering your items, you are ready to begin your Sedar Meal. Begin the video.

1. Romaine lettuce and horseradish. Spread a small amount of horseradish on the romaine lettuce and eat. **Why? Everyone in the family is required to eat this to remember the bitterness of slavery that their ancestors suffered from in ancient Egypt. And also to remember how our sins impact God.**
2. Charoset is the next phase, try a bite with the spoon provided. **Why? When the Hebrews/Israelites were slaves in Egypt one of their primary tasks was to make mortar, to hold together the stones and bricks of Egypt. Charoset represents that mortar made by Hebrew/Israelite slaves.**
3. Next is the Parsley and the salt water. Dip your parsley into the salt water and then eat. **Why? Jews will dip the parsley in the saltwater to remember the suffering of their people and the tears shed in Egypt.**
4. Roasted lamb will be served next. **Why? The lamb represented the lamb that they sacrificed and ate on that night of Passover. It also represents the lamb that was sacrificed for the forgiveness of their sins.**
5. Matzoh bread also know as flat bread. **Why? During the Sedar meal this flat bread is blessed by the head of the household, broken and given for all to eat. Bread without yeast represents the bread that God commanded the Hebrew/Israelite people to make before He delivered them out of Egypt. The Matzoh is also important because it represents the bread from heaven that God provided to the Israelite people when they were wandering around in the wilderness, before they entered into the Holy Land. This bread was called Mannah, and it represented that God provided all the sustenance they needed for life.**
6. The next phase will be cups of juice. Provide each person a cup and fill a small amount of grape juice into each cup. **Why? In addition to this, at a Sedar meal, four cups of wine are drank. Each cup represents a different expression of how God would deliver, or save, the Jewish people. This is found in Exodus 6:6-7 *“Therefore, say to the Israelites: ‘I am the LORD, and I will bring you out from under the yoke of the Egyptians. I will free you from being slaves to them, and I will redeem you with an outstretched arm and with mighty acts of judgment. I will take you as my own people, and I will be your God. Then you will know that I am the LORD your God, who brought you out from under the yoke of the Egyptians.’”***

Cup 1 “I will bring out”, Cup 2 “I will deliver”, Cup 3 “I will redeem” and Cup 4 “I will take.” In addition to these four cups at the end of the meal a fifth cup is poured called the Elijah cup. No one drinks from the Elijah cup but instead it is poured for the prophet Elijah. The Jews believed that Elijah would come back to deliver them and save them from all their troubles. Jewish families would pour this cup in anticipation of their future deliverance.



## Cross Art

“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

As we reflect on Jesus’ sacrifice for us on the cross, we reflect on our need for a Savior. All of us make mistakes and do things that we shouldn’t do (we sin). But God gave us Jesus to show us how to love and how much we’re loved. While you make your cross art, remember God’s greatest gift, Jesus!

### Materials:

- Wood board (suggested: 1x6x9”)
- Small finish nails/trim nails (qty 12+)
- Embroidery string
- Hammer
- Cross template (optional – easy to find outline online)

### Directions:

1. If using a cross template, tape it centered to the board. If not, it is recommended to first draw a cross outline using a pencil.
2. Using a hammer, tap in nails at all corners/points (as seen in image above), ensuring that they are secure and don’t wiggle.
3. Remove the template/erase pencil marks
4. Tie embroidery string in a knot around one of the nails. Connect the string to other nails by looping it around and creating your own design/pattern (doesn’t have to be the same as the image above). When you are done making a design with that string, knot it again around a nail. Cut off extra string.
5. Repeat step four with additional colored string, as desired.



## Optional at Home Activities

### Online Tutorials

Online tutorial videos can be found on Hope's YouTube channel:



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### Charoset

**Charoset** is a sweet, dark-colored, lumpy paste served during the Passover Sedar. Its color and texture recall the mortar with which the Israelites bonded bricks when they were enslaved in Ancient Egypt. The word charoset comes from the Hebrew word chere-“clay.”

#### Ingredients:

- 1/4 cup walnuts
- 1/2 Granny Smith green apple
- 1/8 tsp. cinnamon
- 1/8 tsp. sugar
- Grape juice to moisten

#### Directions:

Chop the nuts and apples to the consistency you want. Sprinkle with spices and moisten with grape juice. The texture of charoset should remind us of the mortar used by the slaves to build.



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### Matzo (Flat Bread)

When God set them free, they had to leave quickly. The Hebrews did not have time to put yeast in their bread. What does the yeast do? It raises the bread.

**Matzo** is a flat piece of unleavened bread, resembling a large cracker, used by Jews during Passover. According to the biblical account of Passover, God instructed the Israelites to prepare unleavened bread. There was no time for the bread to rise before they had to leave.

#### Ingredients:

- 3/4 cup white flour
- 1/4 cup whole wheat flour
- 1/2 tsp. salt
- 3/4 tsp. honey
- 3/8 tsp. baking soda
- 1 tbsp. shortening
- 1/4 cup water

#### Directions:

Mix dry ingredients, but do not sift. Cut shortening into mixture. Add water gradually until mixture forms into a ball. Knead one bread section at a time after dividing into fourths. Roll into a circle 3/8" thick. Place on a lightly greased cookie sheet. Score the surface into 45-50 pieces using a fork; don't cut through. Bake 10 minutes at about 350 degrees. Watch carefully; prick with a fork if bubbly.

## First Communion Definitions

**HOLY COMMUNION:** Another term for the Lord's Supper. Communion refers both to our relationship with God as well as with the other saints around us.

**LORD'S SUPPER:** This refers to the **LAST SUPPER** Jesus had with His disciples. When Jesus first celebrated this meal with His disciples, they were observing the Passover Meal together. Both the Lord's Supper and the Passover Meal use unleavened bread and wine. In the Passover, lambs were sacrificed, but in the Lord's Supper, we remember how Jesus Himself (the Lamb of God) died for the forgiveness of our sins.

**ALTAR:** A table-like structure upon which, in Old Testament times, animals were sacrificed. Today in our church, the altar reminds us both of our sacrifice of praise to God and of the table Jesus used to serve His Last Supper.

**ELEMENTS:** The bread and wine used in Holy Communion.

**HOST:** The bread used in Communion, of which Jesus said, "This is my body."

**CHALICE OR COMMON CUP:** The vessel which contains the wine to be given to the communicants (people receiving communion).

**CONFESSION:** The act of telling God or another person what one believes (creed) or what one has done (acknowledgment of sin).

**GRACE:** The undeserved love and mercy of God given to us, His people.

**AGREEMENT or TESTAMENT or COVENANT:** These words refer to a relationship established between two parties. In the Bible, every testament or covenant God made was accompanied by a sign. (Think of God's covenant with Noah and the sign which was the rainbow.)

**SACRAMENT:** Sacrament means "mystery." It is a means by which God establishes and strengthens His conventional relationship with us and a way that God reminds us of His love for us. Like God's other covenants, a sacrament involves both a visible sign and God's promise. It is a "mystery" (but it is not magical) in that only through faith can we begin to realize what God is doing in the sacrament. Lutherans recognize only two Sacraments—Baptism and Holy Communion—because these are the only ones commanded by Jesus.

**THIN BREAD or UNLEAVENED BREAD:** This is the kind of bread used in the Jewish Passover. Unleavened bread means that it is bread without yeast, and therefore, it is flat. At the first Passover, the Jews were in a hurry to leave and did not have time to use yeast and let the bread rise. This bread is called "matzoth" by Jews.

**WORDS OF INSTITUTION:** The words of Jesus repeated by the minister during Communion; the words from 1 Corinthians 11:23-25 which tells us the events of the first Communion and the purpose of Communion.

# Martin Luther's Small Catechism

## The Sacrament of the Alter

### What is the Sacrament of the altar?

It is the **body** and **blood** of our Lord Jesus Christ given with **bread** and **wine**, for us Christians to eat and drink instituted by Christ Himself.

### Where is it written in scripture that says this?

Matthew, Mark, Luke, and Paul say: Our Lord Jesus Christ, in the night in which he was **betrayed**, took bread; and when he had given **thanks**, he broke it and gave it to his disciples, saying, "Take, **eat**, this is my body, which is given for you; this do in **remembrance** of me."

After the same manner also he took the **cup** after supper, and when he had given thanks, he gave it to them, saying, "**Drink** of it, all of you; this cup is the new **testament** in my blood, which is shed for you, and for many, for the **remission** of sins; this do, as often as you drink it, in remembrance of me."

### What is the benefit of such eating and drinking?

The benefits of this **sacrament** are pointed out by the words, "given and shed for you for the forgiveness of

sins." These words assure us that in the sacrament we receive forgiveness of sins, **life**, and salvation. For where there is forgiveness of sins, there is also life and **salvation**.

### How can eating and drinking do all this?

It is not eating and drinking that does this, but the **words**, "given and shed for you for the **forgiveness** of sins." These words, along with the eating and drinking, are the main thing in the sacrament. And whoever believes these words has exactly what they say, forgiveness of sins.

### When is a person rightly prepared to receive this sacrament?

Fasting and other outward preparations serve a good purpose. However, that person is well **prepared** and worthy who **believes** these words, "given and shed for you for the forgiveness of sins." But anyone who does not believe these words, or doubts them, is neither prepared nor **worthy**, for the words "for you" require simply a believing heart.

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## Word Search

### Find the following words in the puzzle:

Body	Bread
Blood	Wine
Betrayed	Thank
Eat	Remembrance
Cup	Drink
Testament	Remission
Sacrament	Life
Salvation	Words
Forgiveness	Prepared
Believes	Worthy

I F H M G V S S B G Z Z U T  
T C M W E X C F O O S Q P R  
J S U B E T R A Y E D N R Z  
B L O O D S N H V A W Y E W  
T O A O T G J E Q T N C P V  
J N W I N E I C M O N Z A R  
K Y K Q Z L S A I A T D R E  
Y P K W E H B T R H R T E M  
H C N B S R A B A T Z C D I  
T A I D E V M N G M M U A S  
R L R A L E K E Y U E P R S  
O O D A M S G F P Z O N V I  
W S S E N E V I G R O F T O  
M U R U G C M L P M O B C N