



# What Is

# Communion

Learning About Communion in The United Methodist Church



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# What Is Communion?

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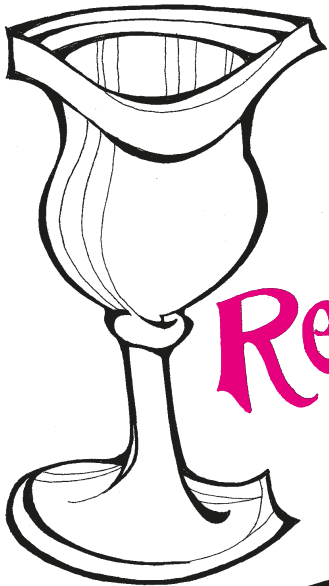
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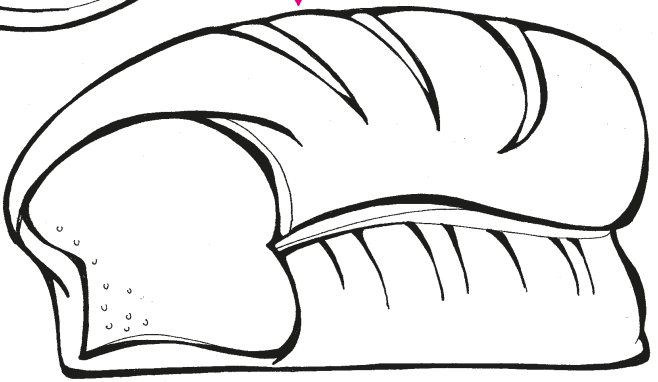


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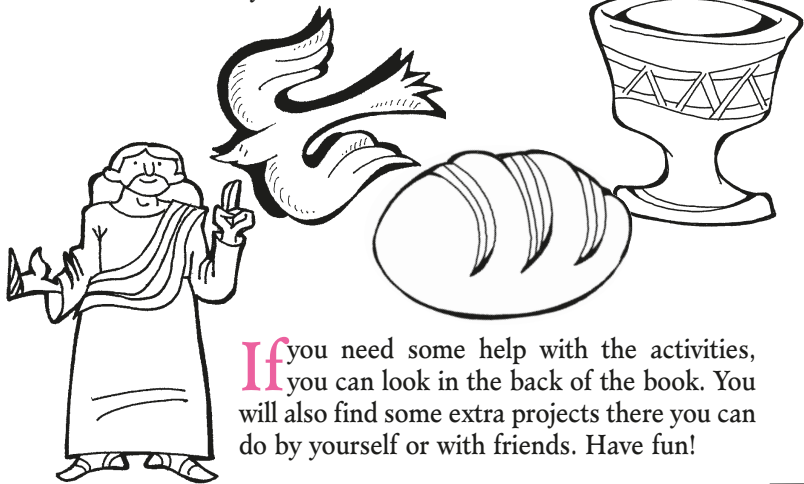
In  
Remembrance  
of  
Me



## WHAT IS??

**So** what is Holy Communion? You eat bread and drink from a cup. You say words and stand or kneel at the table. And through it all, there is Jesus Christ.

**This** book can help you learn more about the Holy Meal. Along the way you will have to find a few clues and finish a few puzzles. There are also some hidden words to search for and codes to break. But when you are done you should be able to tell other people of God's love by sharing what you have learned about Holy Communion.



**If** you need some help with the activities, you can look in the back of the book. You will also find some extra projects there you can do by yourself or with friends. Have fun!

# All in the Words

People call the Holy Meal by different names. Each of the words we use to tell about this special time also has different meanings.

Let's look at some of the words and learn more about what the breaking of the bread can mean to you. Unscramble these words to find the different names given to the Holy Meal.

**1. A Clue: Host with the Most**  
**drLo's puperS**

\_\_\_\_\_ , \_\_\_\_\_

**2. A Clue: Thankful**  
**chrauEsit**

\_\_\_\_\_

**3. A Clue: Making the Pledge**  
**loHy mmoninCou**

\_\_\_\_\_



# What Do They Mean



See if you can remember what these words mean. Draw a line to match each word that is used to talk about the Holy Meal to its meaning.

**Eucharist**

*Jesus is the host of the meal, not us.*

**Lord's Supper**

*"To give thanks."*

**Holy Communion**

*A sacrament from Latin meaning a pledge or oath.*



(Answers on page 30)



# Think About It



Each word we use for the Holy Meal tells us something important about what this event can mean to us.

Each word reminds us of a different way to think about the meal when we are sharing it together at church.

Use the code below to fill in the blanks for the words on the next page. You can see what each of these words tell you about the Holy Meal for our faith.

## The Code

1 =	A	14 =	N
2 =	B	15 =	O
3 =	C	16 =	P
4 =	D	17 =	Q
5 =	E	18 =	R
6 =	F	19 =	S
7 =	G	20 =	T
8 =	H	21 =	U
9 =	I	22 =	V
10 =	J	23 =	W
11 =	K	24 =	X
12 =	L	25 =	Y
13 =	M	26 =	Z



# What It Means

## Holy Communion

$\overline{23}$   $\overline{5}$  ,  $\overline{18}$   $\overline{5}$   $\overline{13}$   $\overline{5}$   $\overline{13}$   $\overline{2}$   $\overline{5}$   $\overline{18}$

$\overline{7}$   $\overline{15}$   $\overline{4}$   $\overline{19}$   $\overline{23}$   $\overline{15}$   $\overline{18}$   $\overline{11}$

$\overline{9}$   $\overline{14}$   $\overline{15}$   $\overline{21}$   $\overline{18}$

$\overline{12}$   $\overline{9}$   $\overline{22}$   $\overline{5}$   $\overline{19}$

## Eucharist

$\overline{20}$   $\overline{8}$   $\overline{1}$   $\overline{14}$   $\overline{11}$   $\overline{9}$   $\overline{14}$   $\overline{7}$

$\overline{7}$   $\overline{15}$   $\overline{4}$

## Lord's Supper

$\overline{10}$   $\overline{5}$   $\overline{19}$   $\overline{21}$   $\overline{19}$   $\overline{9}$   $\overline{19}$

$\overline{20}$   $\overline{8}$   $\overline{5}$   $\overline{8}$   $\overline{15}$   $\overline{19}$   $\overline{20}$  ,

$\overline{14}$   $\overline{15}$   $\overline{20}$   $\overline{21}$   $\overline{19}$

(Answers on page 30)



# PUTTING IT

Help put the words and their meanings together by circling the phrase and drawing a line to its matching word meaning. There should be many phrases circled putting each word and its meanings together.

Holy  
Communion

Our praise  
and thanks  
to God.

Not our holy meal  
to invite others to  
but Jesus' meal.

A sign of the mystery  
of God's love  
for the world.

The Lord's  
meal to  
which we  
are invited.

Lord's  
Supper

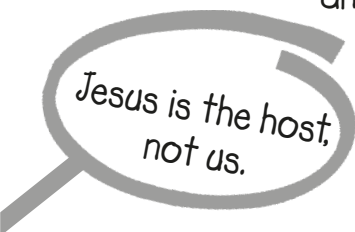
# TOGETHER



From the  
Greek word  
"to give  
thanks."

## Eucharist

Remember God's work in our lives  
and gathering of community.



*Jesus is the host,  
not us.*

*Thankful for  
God's love.*

Helps us remember that at the breaking  
of the bread and the sharing of the cup,  
Jesus gave thanks for God's saving  
work in the world.



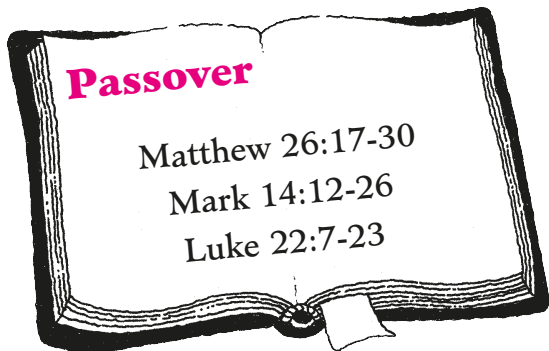
(Answers on page 30)



# Telling the Story

**There** are a number of stories in the Bible that tell us about Holy Communion.

**The** next few pages tell us about Jesus breaking bread in different situations. As you read the stories and complete the game challenges, think about how these stories tell you something about Communion in your church.



**Each** of these gospel stories tell about the Passover dinner and the night that Jesus was betrayed. Read the stories and see what actions Jesus took during this Holy Meal. On the next page you can fill in the blanks using the verses from Matthew.

# Jesus and his Disciples

Use the Bible (Matthew 26:26-28) to fill in the blanks below and tell about the actions Jesus took during the Holy Meal.



Jesus took \_\_\_\_\_,

\_\_\_\_\_ it and

\_\_\_\_\_ it. Then he gave it to his

\_\_\_\_\_ and said, "This is

my body." After supper, Jesus took a \_\_\_\_\_, and

gave \_\_\_\_\_, then gave it to his

\_\_\_\_\_. And he said,

"This is my blood of the covenant, which is poured

out for many for the forgiveness of \_\_\_\_\_."

(Answers on page 30)

# FINDING THE WORDS

See if you can find the words in the word search below that remind you of words from the Holy Communion as it is told in the Matthew passage. The words you are looking for are listed at the bottom of the page.

## HOLY COMMUNION

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

**BREAD  
BLESSED**

**BROKE  
DISCIPLES  
BODY**

**CUP  
GAVE**

(Answers on page 31)

# Jesus Appears to the Disciples

(Luke 24:13-35)

After the resurrection, Jesus appeared to the disciples. (Remember the Easter resurrection story? *Look in Luke 24.*) In this story Jesus once again took special actions when serving the Holy Meal. See if you can fill in the blanks for these riddles and tell what Jesus did as he shared in the breaking of the bread with the disciples.

Not giving, but **T \_ \_ \_ I N G**

A special action that wishes good things for someone:

**B \_ \_ \_ \_ I N G**

To disassemble:

**B \_ \_ \_ \_ I N G**

To pass something to someone:

**G \_ \_ \_ I N G**

The amazing part is the disciples could recognize Jesus as the son of God through the giving of the bread. We can also see Jesus for who he is when we remember his actions at the Holy Meal.



(Answers on page 30)

# Feeding the Multitudes

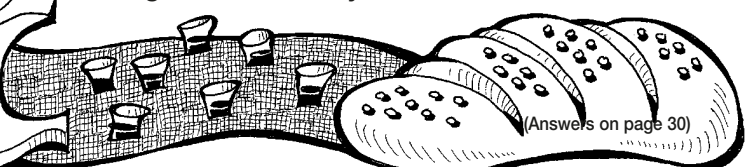
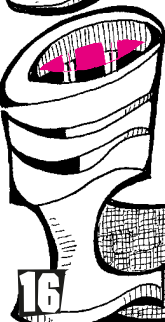
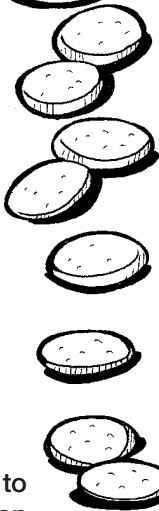
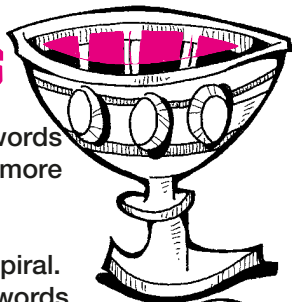
Separate the letters below to make words that tell you where you can learn even more about the Holy Meal.

Find the verses that are hidden in the spiral.  
Put a line between letters to show the words.



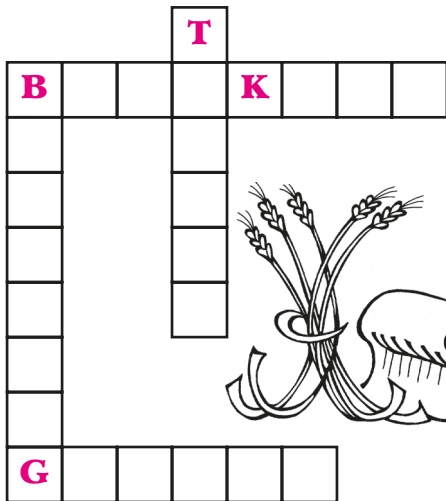
THESEVERESTORIESOFJESUSFEEDINGTHEMULTITUDES.  
MATTHEW:13 21; MARK 6:30 44; MARK 8:1 10.  
LUKE 9:10 17; JOHN 6:1 14.

The actions in these stories were similar to the actions of Jesus at his Passover meal on the night he was betrayed.



# Jesus in Action

Fill in the blocks below with words that are found in the Bible stories. The words tell what Jesus did when serving the Holy Meal.



\*\*Unscramble the words below to find out what words fit in the blocks above. Fill in the blocks above when you know the words.

**katnig** \_\_\_\_\_

**kbragine** \_\_\_\_\_

**ssielngb** \_\_\_\_\_

**viingg** \_\_\_\_\_

(Answers on page 31)

# What Does It Mean?

Jesus satisfied the spiritual hunger of multitudes of people with his teaching and their physical hunger with bread.

For Us?

# What Does It Mean<sup>^</sup>

Jesus wanted us to learn about God's word and love one another.

Fill in the blank spaces using the words below and see what Jesus might want us to do in our lives to bring us closer to God.

Bible

the .

Feed

the .



People

Read





# STAYING CONNECTED

What can we do as Christians to stay connected to what God wants from us? What do you think?

## BIBLE

Read it to learn about life experiences with God.

My favorite Bible verse is:

---

## PRAY

to stay connected with God.

I like to pray:  
with a group      alone  
at church      before meals

## COMMUNION

Go to remember and connect God, self, community.

My favorite part of communion is:

---

# Remember The Trinity

You can read this story about a community of people who came to know Jesus through the Holy Spirit.

## Holy Spirit

Acts 2:1-42

Where in this story does it talk about breaking bread as a community of faith after Jesus was resurrected?



Break the code and find which verse tells us about breaking bread from the Pentecost story.

**CTAS ~ 1+1: 15+27**

— — — — — ■ —

(Answers on page 31)

# THE CHURCH...

remembered Jesus with the teaching of the apostles, the breaking of the bread, and common prayers.

The sacrament of communion reminds us of the sacrifice, fellowship, and care Jesus provided to people from all walks of life when sharing a meal.



How many words can you make using the letters from the word

## SACRAMENT?

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

# Look It Up...

There is a special service for Holy Communion found in the United Methodist Hymnal (pp. 6–31) called the Services of Word and Table.

What does “Word and Table” mean?

Fill in the missing letters below to complete the words. These words tell you what “word” and “table” mean. You can use the letters at the bottom of the page to find out what letters to use for the blank spaces. Cross out each extra letter as you use it to fill in the blanks.

e

Word: R \_\_\_ sp \_\_\_ ns \_\_\_

v

Table: Th \_\_\_ n \_\_\_ sg \_\_\_ \_\_\_ i \_\_\_ g

and C \_\_\_ m \_\_\_ un \_\_\_ \_\_\_ n

k

o

.

n

o

e

i

m

o

# Service OF THE Table

The service of the table helps us remember the four parts of Jesus' actions in sharing the Holy Meal.

Takes the bread  
and the cup

Blesses God  
or give thanks  
to God

— **Jesus** —

Breaks the bread  
and pours the cup

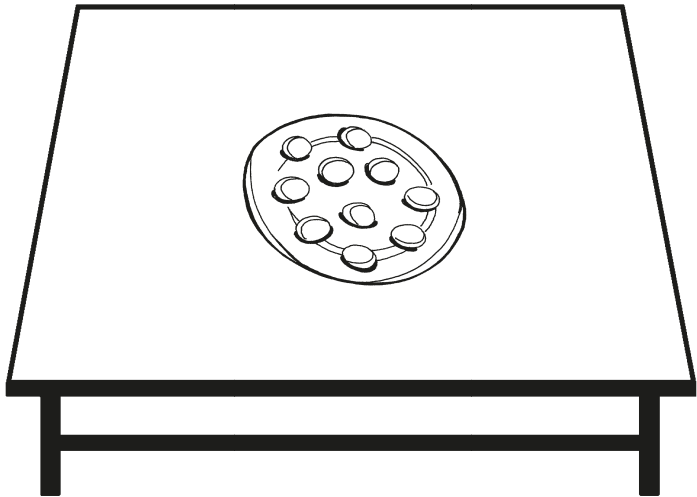
Gives the bread  
and the cup  
to the disciples

When we take Communion we can share the gift that God gives us through Jesus. Each time we take the bread and share the cup we can remember that Jesus is an important part of our lives. It helps remind us of God's love for us.

# Preparing for Communion

Like you prepare a table for dinner, you have to prepare your heart and mind for Communion.

Write words on the “table” below that remind us of what we should remember about the Holy Meal.



## **Bible Challenge:**

Read Luke 4:18-19. What has the Spirit of the Lord anointed Jesus to do?

# A Special Invitation

The Holy Spirit is invited to come upon the community gathered at the Lord's table. A dove is the symbol of the Holy Spirit. Learn more from Matthew 3:16.

Design the dove below with color to show God's love in the world.



By sharing the bread and the cup, we are joined together as Christians in the world.





# From Them to Us

Jesus passes the love of God to us.

1 Corinthians 11:23-26

Paul reminded the church of the tradition  
of Communion.



John Wesley celebrated the tradition  
of Communion in his house churches.



Then this tradition passed on to us.



When we take Communion, we can share  
the gift that God gives us through Jesus.

# The Cup AND THE Bread

Think about how you can remember Jesus is with us when we share the Communion of the bread and cup with one another in community.

Circle the words below that you think say something to you about sharing the cup and the bread.

friendship

Lord's Table

pledge

community

remember Jesus

God's Love

sins

grace



# FOOD FOR THOUGHT

No matter what you call this special Holy Meal, it is an important part of our Christian faith. When we are joined together as the body of Jesus through Communion, each of us is given the responsibility of taking the good news to the entire world. We can be thankful for God's love and share it with others.

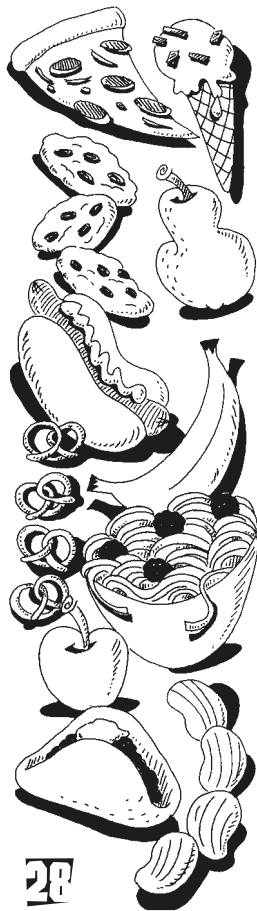
Can you think of some ways we can share the love of God with others?

I can share God's love with others when I:

---

---

Draw a picture of what Communion means to you.



A decorative border of various hearts surrounds the text. The hearts are in shades of pink and white, with different patterns like polka dots, stripes, and squares. Some hearts are larger and more prominent, while others are smaller and scattered. The border is complete on the top, bottom, and right sides, with the left side partially open.

# A Prayer

I come with a heart open to God.  
I am a new creation each time  
I rededicate myself  
to God's work for me.

In the name of the  
Father, Son, and Holy Spirit,  
God is offered  
honor, glory and praise.

Amen.

# ANSWERS

**All in the Words, p. 6:** 1. Lord's Supper 2. Eucharist 3. Holy Communion

**What Do They Mean? p. 7:** Eucharist—"to give thanks"; Holy Communion—a sacrament; Lord's Supper—Jesus is the host

**What It Means, p.9 :** Holy Communion: We remember God's work in our lives; Eucharist: Thanking God; Lord's Supper: Jesus is the host, not us.

**Putting It Together, pp. 10-11:** Holy Communion: A sign of the mystery of God's love for the world; Remember God's work in our lives and gathering of community. Eucharist: From the Greek word "to give thanks"; Thankful for God's love; Helps us remember that at the breaking of the bread and the sharing of the cup, Jesus gave thanks for God's saving work in the world; Our praise and thanks to God. Lord's Supper: Not our holy meal to invite others to but Jesus' meal; Jesus is the host, not us; The Lord's meal to which we are invited.

**Jesus and His Disciples, p. 13:** bread, blessed, broke, disciples, cup, thanks, disciples, sins

**Jesus Appears to the Disciples, p.15:** TAKING, BLESSING, BREAKING, GIVING

**Feeding the Multitudes, p.16:** These verses tell stories of Jesus feeding the multitudes: Matthew 14:13-21; Mark 6:30-44; Mark 8:1-10; Luke 9:10-17; John 6:1-14.

**Jesus in Action, p.17:** taking, breaking, blessing, giving

**What Does It Mean? p. 18:** READ THE BIBLE. FEED THE PEOPLE.

**Remember the Trinity, p. 20:** Acts 2:42

**Look It Up, p. 22:** word: response (the words we speak); table: thanksgiving and communion

**Bible Challenge, p. 24:** to bring good news to the poor

### Finding the Words p.14

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

## ACTIVITIES YOU CAN DO AT HOME

1. Set up a special place at home with your Bible and a special item that reminds you of Jesus (cross, stone, cup, or shell). This can help you remember each day to read your Bible and spend time in prayer, talking to God.
2. Write your favorite verse or Bible story on a piece of paper. Put it on a mirror in your bathroom or bedroom so that you can read it every time you look in the mirror. This can help you remember that God is with you always.
3. Help someone each week. You can help a family member or someone from church, or you can help out at school or even in the community. Share God's love.
4. Keep a journal. You will need three sheets of paper.
  - a. On the top of the first page write: Remember Jesus
  - b. On the top of the second page write: Give Thanks
  - c. On top of the third page write: Sacraments

Each week write or draw something about what you did that week to share your life with God. Here are some suggestions of what to write or draw:

- Remembering Jesus: reading your Bible, thinking about Bible stories, drawing pictures of Bible stories.
- Giving Thanks: writing prayers to God thanking God for gifts of friendship, family, home, things.
- Sacraments: making a pledge to do something in the name of Jesus such as collecting food for a food pantry, reading to children, or going to Communion at church.

CHILDREN AGES 9-12

# What Is Communion?

The Holy Meal is known by many names—the Last Supper, the Eucharist, Holy Communion. This celebration was first held in that upper room with Jesus and his disciples. Today we as Christians remember that celebration. As the boys and girls do the puzzles and activities, they will better understand what happens at the table and how it connects us to one another as United Methodists.

G. L. Reed, the author of this series, is an experienced curriculum writer and a consultant to many United Methodist churches in the Central Texas conference.

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