

Lest We Forget

UPPER ELEMENTARY LESSON PLAN

Theme: Communion

Scripture: 1 Corinthians 11:23-25

Memory Verse: For whenever you eat this bread and drink this cup, you proclaim the Lord's death until he comes. - 1 Corinthians 11:26

The Children's Sermon

Being forgetful isn't new. It's been around since just about the beginning of time. The night Jesus was betrayed, he was eating with his disciples. He knew that he would soon return to his Father in heaven. He wanted to make sure that his disciples would remember him after he was gone, so he did something that would help them to remember. As they were eating, he took a piece of bread and he broke it and said, "This is my body which is broken for you. When you eat the bread, remember me." Then he took a glass of wine and held it up and said, "This is my blood which is shed for you. When you drink it, remember me." It has been almost 2000 years since that night and we still use that same way to remember Jesus. When we take Communion in remembrance, we eat the bread and drink the cup to remind us that Jesus suffered and died on the cross so that we might have life. As we eat the bread and drink from the cup today, we remember him.

Now, let's talk a bit more about why remembering Jesus is so important. Imagine you have a best friend who moved far away. You might keep a photo of them to help you remember all the fun times you had together. Jesus gave us Communion in

remembrance as a way to keep Him in our hearts and minds, even though He's not physically here with us.

Communion in remembrance is like a special time machine. It takes us back to the time when Jesus was with His disciples, sharing His last meal before He went to the cross for us. It's a moment for us to say "thank you" to Jesus for being our best friend, for loving us so much that He was willing to give up His life for us.

When we take Communion in remembrance, it's more than just eating bread and drinking juice or wine. It's a time to think about how much Jesus loves us. It's a time to say sorry for the times we've made mistakes and to ask Jesus to help us do better. It's also a time to feel happy and thankful because Jesus is our friend and He's always with us, even when we can't see Him.

You might wonder, how do we get ready for Communion in remembrance? Well, it's like getting ready for a very important visitor. We want our hearts to be clean and our minds to be thinking about Jesus. We can talk to Jesus, telling Him about our week, our troubles, and our joys. We can thank Him for being our friend and ask Him to help us remember Him not just during Communion, but every day.

Communion in remembrance is also a time for us to feel close to other people who love Jesus. When we see others taking Communion, it reminds us that we are all part of a big family. We are brothers and sisters because of what Jesus did for us. It's like having a huge family dinner where everyone is welcome.

Dear Jesus, we remember you today. We remember that your body was broken and your blood was shed so that we might have life everlasting. Thank you.

Let's think about how special that is. Every time we take Communion in remembrance, it's like we're giving Jesus a big thank you hug. We're telling Him that we haven't forgotten the amazing gift He gave us. It's a gift that lasts forever, and it's for everyone, no matter who they are, where they're from, or what they've done. Jesus loves us all the same.

So, next time you take Communion in remembrance, remember it's not just about the bread and the cup. It's about Jesus' love for us. It's about saying thank you to Him and remembering that He's always with us, guiding us, and loving us, every single day.

And remember, even when we forget things, Jesus never forgets us. He always remembers us and loves us. Taking Communion in remembrance is our way of showing that we remember and love Him too.

Bible Memory Verse

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

You Will Need:

- Grape juice
- Unleavened bread or crackers
- Small cups
- Small plates
- Construction paper
- Markers or crayons

Get Ready:

- Cut the unleavened bread or crackers into small pieces and place them on the small plates.
- Pour grape juice into the small cups.

Do This:

1. Gather the children and explain the significance of the Lord's Supper, how it helps us remember Jesus' sacrifice for us, and how it looks forward to His return.
2. Invite each child to create a 'Remember Me' placemat using construction paper and markers or crayons. They can decorate it with symbols that remind them of Jesus' sacrifice, such as a cross, a cup, and bread.
3. Once the placemats are created, set up a small table with the bread and grape juice. Have the children place their placemats on the table. Lead them in a simplified version of the Lord's Supper, explaining each step and its significance, and then let them eat the bread and drink from the cup on their placemats.
4. Conclude with a group prayer, thanking Jesus for His sacrifice and asking for help to remember Him in our daily lives.

Bible Interactive Experience

You'll Need:

- Grape juice
- Crackers (or any bread-like item that can be broken)
- Small cups
- Napkins
- Bibles or printed copies of 1 Corinthians 11:23-25
- Costume items to dress up as Paul (optional)
- A large table

Get Ready:

- Set up a table at the front of the room with the grape juice, crackers, and small cups.
- Prepare the napkins and have them available on the table.
- If using, lay out the costume items to dress up as Paul.
- Ensure each child has access to a Bible or a printed copy of 1 Corinthians 11:23-25.

Do this:

1. **Introduction and Scripture Reading**: Start by explaining the significance of Communion in a simple, age-appropriate way. Have the children sit in a circle around the table. Ask for a volunteer to read 1 Corinthians 11:23-25 aloud to the group. If you're using the costume, have a child or yourself dress up as Paul while reading the scripture to make it more engaging.
2. **Discussion**: After reading, discuss the scripture briefly. Ask questions like "What do you think the bread represents?" and "Why do we drink the juice?" to ensure they understand the symbolism of Communion.
3. **Re-enactment**: Explain that they will be re-enacting the Last Supper as described by Paul. Each child takes turns playing the role of Jesus, breaking the bread, and saying, "This is my body, which is for you; do this in remembrance of me." They then pass the bread to the next child, who breaks off a piece before passing it on. After everyone has a piece of bread, they do the same with the grape juice, saying, "This cup is the new covenant in my blood; do this, whenever you drink it, in remembrance of me."

4. **Reflection Time**: Once everyone has had bread and juice, lead a quiet time where the children can reflect on the meaning of what they've just participated in. Encourage them to think about Jesus's sacrifice and what it means to them personally.

5. **Closing Prayer**: Conclude with a prayer, thanking Jesus for His sacrifice and asking for help to remember Him in our daily lives. Encourage the children to say a short prayer silently, reflecting on the Communion experience.

Game Activity: Communion Quest

You'll Need:

- A large open space
- Paper cups and grape juice
- Bread (small pieces)
- Markers and paper
- Bibles or printed excerpts of 1 Corinthians 11:23-25

Get Ready: Create a large 'board game' on the ground using the markers and paper to create spaces that form a path. Each space should have a task or question related to 1 Corinthians 11:23-25. Set up a 'Start' and 'Finish' area. Place the cups of grape juice and pieces of bread at the 'Finish' area to represent the elements of Communion.

Do this:

1. Divide the children into teams. Each team starts at the 'Start' area. Teams take turns rolling a die (you can make one from a cube and marker) to move forward on the board. The number they roll is the number of spaces they move.

2. When a team lands on a space, they must complete the task or answer the question on that space. Tasks can include reciting a verse, explaining what Communion means to them, or performing a kind act for another team.

3. The first team to reach the 'Finish' area gets to partake in the bread and grape juice, symbolizing Communion. Before they do, have a discussion about the significance of Communion, referencing 1 Corinthians 11:23-25, emphasizing the importance of remembering Jesus' sacrifice.

Note: Ensure all activities are inclusive and respectful, making the experience meaningful and educational for the children.

Craft Activity: Remember Me Communion Cups

You'll Need:

- Clear plastic cups
- Permanent markers
- Grape juice
- Small round crackers
- 1 Corinthians 11:23-25 printed on paper

Get Ready: Cut out the scripture verses from the paper into small strips that can be glued onto the cups.

Do this:

1. Give each child a clear plastic cup and a strip of paper with 1 Corinthians 11:23-25 printed on it. Have them glue the scripture around the cup as a reminder of what Jesus did for us.

2. Using permanent markers, encourage the children to decorate their cups with symbols that remind them of Jesus and the Last Supper, such as bread, grapes, or a cross.
3. Once the cups are decorated, pour a small amount of grape juice into each cup and place a small round cracker on top. Lead a discussion about the significance of communion, explaining how Jesus instructed us to use the bread and wine (juice) to remember His sacrifice for us, as described in 1 Corinthians 11:23-25.
4. Conclude the activity by sharing the communion together, reminding the children that this is a time to remember Jesus' love and sacrifice for us.

Prayer Activity: Remembering the Last Supper

You'll Need:

- Small cups of grape juice
- Pieces of bread
- Bible

Get Ready: Read 1 Corinthians 11:23-25 to familiarize yourself with the Scripture and its significance to Communion.

Do this:

1. Begin by gathering the children in a circle and explain the significance of Communion, how it's a time to remember what Jesus did for us. Mention that the bread represents Jesus' body, and the juice represents His blood.
2. Hand out a small cup of grape juice and a piece of bread to each child. Encourage them to hold onto these as you read 1 Corinthians 11:23-25 aloud to the group.
3. After reading the Scripture, lead the children in a prayer of thanks for Jesus' sacrifice. Invite them to eat the bread and drink the juice as they reflect on Jesus' love

and sacrifice. Encourage a moment of silent prayer where they can thank Jesus personally for His gift of salvation.