Holy Communion
Objects and Memories

These children are talking about things that remind them of something.

This boomerang reminds me of my amazing holiday in Australia.

We keep this teapot on the shelf at home. Every time I look at it, I remember my grandma. It belonged to her.

My dad bought me a toy lion to remind me that I am strong like a lion.
Objects and Memories

Can you think of an object which:
• reminds you of something you have experienced;
• reminds you of someone you know;
• or reminds you of an important message?

Draw the object on your whiteboard and tell your talk partner about it.

Use these ideas to help you think of something.

- places you have visited
- people who are special to you
- gifts you have been given
Bread and Wine

Christians believe that Jesus is the Son of God. They believe he came to Earth and lived as a real human being.

Christians believe that Jesus died on a cross. They believe that he knew he was going to die. Before he died, he had a last meal with his closest friends, who were called his disciples.

Do you know what this last meal was called?

It was called the Last Supper.
Bread and Wine

At the Last Supper, Jesus thanked God for the bread.
Bread and Wine

He broke it apart to share with everyone.
Bread and Wine

“Take this and eat it. This is my body which is given for you,” he announced.

What did Jesus say the bread represented?

His body
Bread and Wine

He then held up a cup of red wine.
Bread and Wine

“This is my blood, which will be poured out for many people so their sins may be forgiven,” Jesus said.

What did Jesus say the wine represented?

His blood
Bread and Wine

Christians believe that when Jesus died on the cross, his death meant that the bad things (sins) that all human beings do could be forgiven.

Christians think about Jesus when they think about the bread and wine in Holy Communion.

The bread represents the body of Jesus.

The wine represents the blood of Jesus.
Bread and Wine

Do This in Memory of Me

What do you think Jesus wanted the disciples to do after he had died?

He wanted them to think of him when eating bread and drinking wine during Communion, thinking about how the bread was like his body and the wine was like his blood.
Re-Enacting the Last Supper

Thousands of years after Jesus told his disciples to use bread and wine to remember him, Christians still re-enact the Last Supper regularly.

Do you know what the word ‘re-enact’ means?

It means to act out something that happened in the past.

During services in many different types of Christian places of worship, Christians take part in a ritual where they eat a small piece of bread and have a sip of wine (or grape juice) just as the disciples did with Jesus at the Last Supper.

This ritual can be known as:
- Holy Communion;
- the Lord’s Supper;
- the Eucharist.
Re-Enacting the Last Supper

Different churches have different beliefs about what happens to the bread and wine after it is blessed.

Some churches believe that the bread and wine actually changes once it is blessed. Some churches believe they do not change but are symbols.

During Holy Communion, there are Bible readings, prayers and Christians come up to the altar to receive the bread and wine from the priest or vicar.

An altar is a holy table. In a Christian church, it is the table where the bread and wine are blessed.
Re-Enacting the Last Supper

Christians taking part in Holy Communion are given a small piece of bread to eat. Sometimes they might be given a small wafer in place of bread.

A sip of wine or grape juice is taken from a special cup called a chalice.
Holy Communion Poem

Prayers are read out in a Holy Communion service in a church. The words often have special meaning. They remind Christians of Jesus and help them understand what each object and part of the ritual means.

What words could you use to talk about Holy Communion?

Use some of the words you thought of to create a poem that could be read out during a Holy Communion service.