

We Worship God

RECEIVING THE LORD TOGETHER (HOLY COMMUNION)

UNIT

5

LESSON
FOUR

From Our Hearts to God

Dear Lord, many things feed our bodies but you, Lord, provide for our souls. We know the bread and wine of Sunday can make every day different! Let this special food help us be stronger and wiser in our faith and more loving in our thoughts and actions. Amen.

MY WORLD

What is your favorite food? Write it here:

Why do you like it? _____

How does it make you feel? Check whichever words apply:

Happy_____

Energetic_____

Satisfied_____

Good_____

Ready to go_____



GOD'S GUIDING WORDS

Taste and see that the Lord is sweet!

Psalm 34:8 *Orhnyal eh Asdvadz, hymn of the Divine Liturgy*



Getting Closer to God

We need food to grow and strengthen our bodies.

We need church, knowledge of God, the teachings of Jesus Christ, guidance of the Holy Spirit, and Holy Communion to grow our faith and strengthen our spirit.

Most importantly, Jesus asked us to do something very special in remembrance of him. Remember that phrase? Look at the following verses in the Gospels of Luke and Matthew. Summarize each sentence in your own few words:

Luke 22: 14: _____

Luke 22: 19: _____

Matthew 26: 27 and 28: _____

Turn to the top of page 31 of your Divine Liturgy books. What do you notice?



Our Armenian Way



The high point of the Badarak is Holy Communion. We are present with Jesus at the supper he had with his followers before his crucifixion and resurrection. At that time he took the bread and wine, gave thanks, and shared it with his disciples. He told them that this was his Body and Blood and to do this always in remembrance of him.

When we attend church we are with Jesus again. He comes to be with us in Holy Communion. The altar table is set with the bread and wine. It becomes the body and blood of Jesus which we are called to eat and drink to remember that Jesus was giving his body and blood to save us. Yes, Jesus died on the cross. And yes, he rose to a new life. We will die also. And because of Jesus' sacrifice on the cross for us, we will rise again to a new life with God in his Kingdom of Heaven.

So when the priest calls us to eat and drink we go to the altar and remember Jesus. Through his body and blood we receive our *spiritual* food to make our souls healthy. Our sins are forgiven and we have the promise of eternal life.

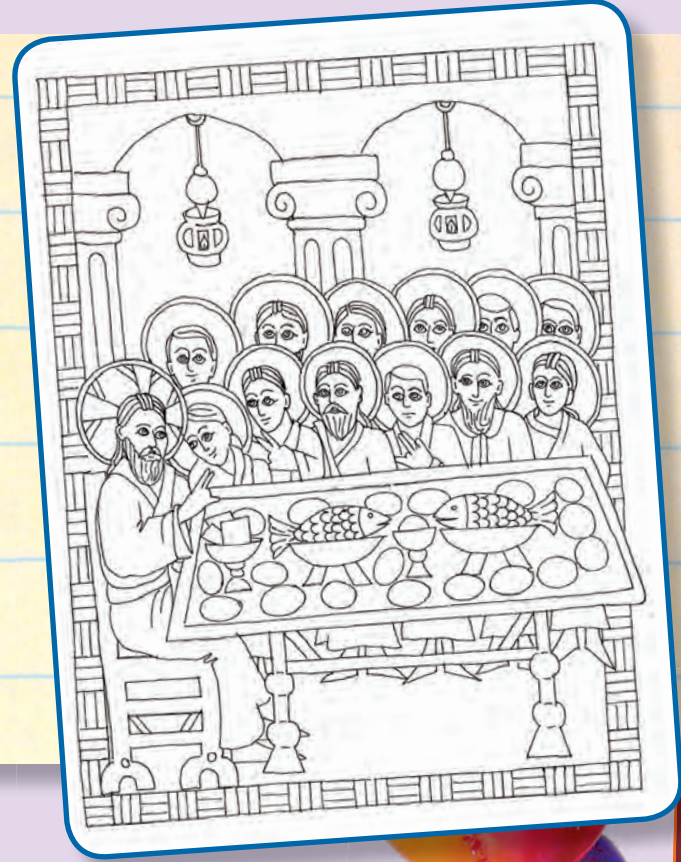
During confession, we think of the ways we may need to be stronger in our faith. We ask ourselves: Was I unkind? Did I lose my patience unfairly? Am I thinking of others as much as myself?

When we receive Holy Communion, we step up to the priest and make the sign of the cross. Then we tilt our heads back a bit and open our mouths and the priest puts the Communion into our mouths. He will pray for us as we do, saying: "May this be unto you for the forgiveness of sins." We make the sign of the cross again and step aside to wait until Communion is finished. The priest stands and gives a blessing; then we go back to our pews.



Taking a **Closer** Look

Every Sunday Holy Communion is offered. We should receive it every Sunday when we are in church.



Time to Celebrate

Let's eat and drink and remember ...
all the good things God has given us.
the way our faith becomes stronger through the bread and wine of Communion.
that Jesus made it possible for us to enter God's Kingdom.
Let's celebrate the life and love of Jesus with our own special meal!



RESPONDING IN FAITH

We taste and see how sweet the Lord is. Amen.

FAMILY CORNER

Sharing Our Faith

Today's lesson was about Holy Communion. We discussed our favorite foods and how they made us feel. But it's God's spiritual nourishment that we turned to next. We attended church and received Holy Communion (if you came with us, wonderful!) and then enjoyed a celebration back at class. **Living Our Faith**

1. Tell your child about what you think and feel about receiving Holy Communion.
2. Have you ever made your own bread? Try making bread as a family project this week.