

Sacraments: A Call to Holy Living

SHARING IN THE LORD: EUCHARIST

UNIT

3

LESSON
FIVE

From Our Hearts to God

Feed me, Lord, with food for my spirit. Amen.

MY WORLD

1. List or draw three things that keep you busy each weekday.
2. List or draw your favorite thing to do on a Saturday.
3. List or draw two things you look forward to on Sunday.

What keeps you healthy?

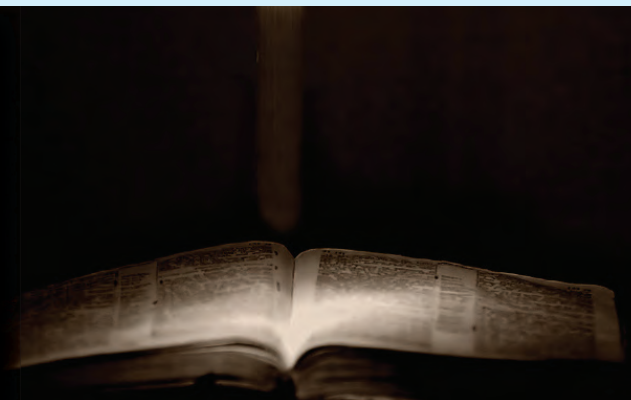
What keeps you spiritually healthy?



GOD'S GUIDING WORDS

Jesus took some bread in his hands and gave thanks for it. He broke the bread and handed it to his disciples. Then he said, "This is my body, which is given for you. Eat this as a way of remembering me."

Luke 22:19



Getting Closer to God

The First Holy Communion

Read all of the story about how Jesus shared his very own self through bread and wine at the first Holy Communion in Luke 22: 7-19. Then be ready to answer these questions:

1. Who did Jesus send to make preparations for the feast?
2. What feast were they preparing for?
3. What kind of room did they find?
4. Was Jesus happy to be eating with his friends?
5. What was he talking about when he said that he would “suffer”?
6. What did he do and say with the cup?
7. What did he do and say with the bread?



Our Armenian Way

Of the seven sacraments, Holy Communion is the greatest as it unites us with our Lord and Savior, Jesus Christ. Receiving Holy Communion nourishes our souls and feeds our spirits. In the Armenian Church, there is a certain way we receive communion.

Put these events in the order they occur by numbering them 1 - 5.

- ___ The sacrament of confession
- ___ The priest holds up the chalice and gives a blessing
- ___ Return to the pew
- ___ Step up to the priest, make the sign of the cross and say Megha Asdoodzo (I have sinned against God)
- ___ Tilt head back a bit, open mouth, receive Communion, make the sign of the cross, and step aside





Taking a **Closer** Look

One of the Communion hymns joyfully says: **Taste and see how sweet the Lord is.** We feel good when we receive Holy Communion. We are spiritually ready to face the week ahead.



Time to Celebrate

Attend church for confession and Holy Communion. Then “break your fast” with your teacher, parents, and classmates.



RESPONDING IN FAITH

Lord, thank you for opening the doors of heaven to me. Amen.

FAMILY CORNER

Sharing Our Faith

This morning, 4th graders discussed the different ways we stay physically healthy and nourished. We then turned to spiritual health and the nourishment we receive for our souls when we receive Holy Communion. Students read the Bible story in Luke about the very first Holy Communion that Jesus established at the Last Supper. We concluded our lesson by going to church and receiving the sacraments of penance and Holy Communion. You may have been with us, as all parents were invited!

Living Our Faith

1. Read Matthew’s account of the Last Supper in Matthew 26:17-30.
2. Discuss with your fourth grader what going to church and receiving Holy Communion means to you.