

Let Us Bow Down Before God!

Starting Over Every Sunday

UNIT
2
Lesson
Six



Prayer Starter

In the name of the Father, the Son, and the Holy Spirit...

Dear Lord, we know that we are not perfect. Thank you for giving us the chance to start fresh when we realize how we could do better and ask your help. As we make our confession and receive Holy Communion, help us feel your love for us. Amen.

Hye-Q

Last week you learned about the Last Supper. Circle the right answer to see how much you remember.

1. Who was at the Last Supper?

- a. Jesus and his 12 disciples
- b. All of Jesus's followers and believers
- c. Jesus, Mary, and Joseph and their family
- d. Peter and cousins

2. What type of food did Jesus break apart and distribute to those at the supper?

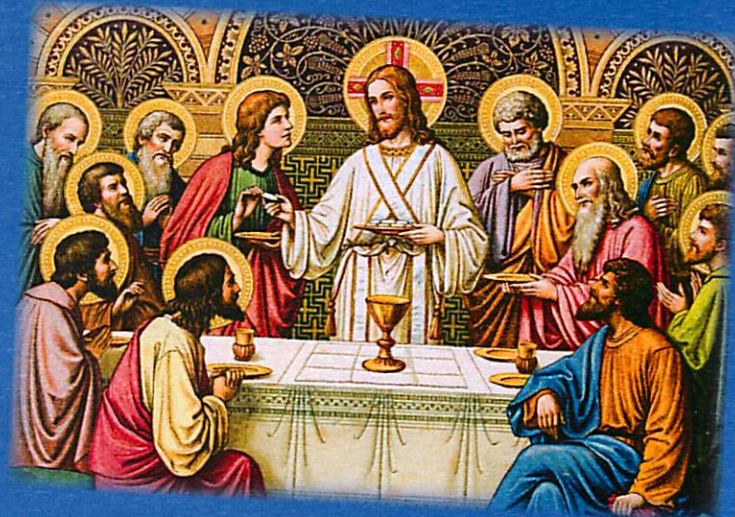
- a. Cookies
- b. Bread
- c. Roast Beef
- d. Saltines

3. Why did Jesus bless and share the bread and wine?

- a. To honor the Passover traditions
- b. It was his job as prayer leader
- c. He announced a "new covenant" through this act
- d. It was harvest time and the bread and grapes were fresh

4. How does the Armenian Church remember the Last Supper?

- a. By saying "Lord Have Mercy" during Badarak
- b. By having gold covered items on the altar
- c. By singing a lot of songs during Badarak
- d. By offering Holy Communion



Daily Bread

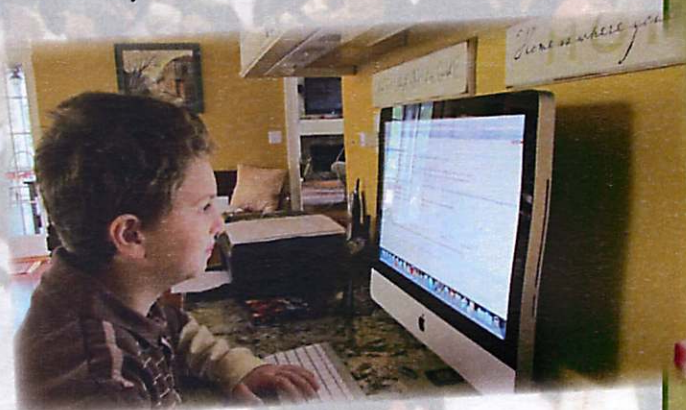
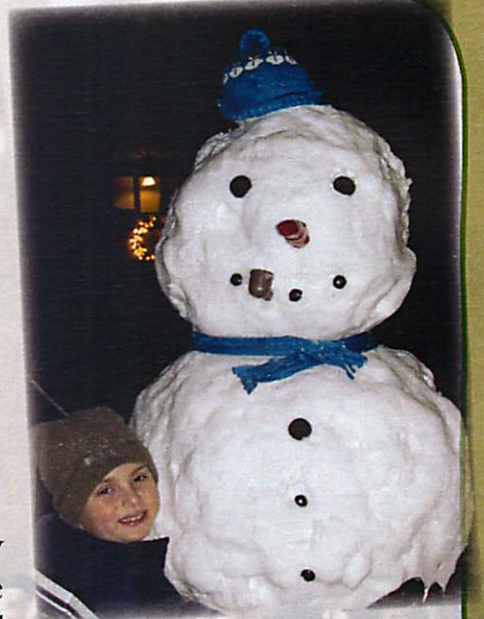
As we learned last week, every Sunday during the Soorp Badarak or Divine Liturgy we live the words and actions of the Last Supper.

What are those words and actions?

The most important part of Badarak is the Eucharist, the bread (the wafer or *nushkhar*) and wine of Holy Communion. By receiving Communion on Sundays, we are giving ourselves the strength to live as Jesus wants us to. It's like refueling ourselves with the power of faith and love that only Jesus can give us, almost like going to the gas station to refill the tank of a car.

We spend the week at school, at play, at home...just living! There may be things that are difficult for you during the week. There may be things that you are very thankful for. Coming to church on Sunday and receiving Communion, we are filled again and that helps us to be stronger in our faith when we leave church and go back out into the world.

How will being stronger in your faith help you this week?



SCRIPTURE SOURCE

¹⁵“And the prayer offered in faith will make them well; the Lord will raise them up. If they have sinned, they will be forgiven.

¹⁶Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective.” James 5:15-16

In this passage, the Bible gives us a way to have a “do over” when we have done something wrong. We can sincerely admit our sins and be forgiven. God forgives all who are willing to start over and do better in the future. This is a way for us to learn from our mistakes and make our lives better.

In the Armenian Tradition

In the Armenian Church, before we receive Holy Communion, we confess our sins to God and to ourselves. We make our confession with the congregation when we kneel in front of the altar together. As the priest listens, we say the words of confession written in our Badarak books. While we do this, we know in our own hearts what we are admitting to ourselves and to God. We can take this time to think about the things that we may have done or said that hurt ourselves or others. We admit that we may not have done our best and that we can do better. Then, we ask for forgiveness.



By honestly confessing and asking for forgiveness, we clear our conscience. We empty our hearts of everything that we are sorry about so that there is space to fill it up with God. That is what happens when we receive Communion.

Every week, we have a chance to “start fresh”!

Well Versed

“The next day he saw Jesus coming to him and said, ‘Behold, the Lamb of God who takes away the sin of the world!’”

John 1:29

CELEBRATE WITH GOD

We confess and receive Holy Communion

In the Armenian Church, we are welcome to receive Holy Communion from the day we are baptized. In fact, on that very day, we receive our first communion. Some Christian churches do not allow this until you are older. Other Christian churches do not offer Holy Communion at all.

Did you know...!?

BIBLE BYTES

Pride *This is one of the seven deadly sins listed in our confession. These sins are said to be deadly because they are a very serious threat to the soul. But here pride has a very different meaning than we are used to. In everyday language, we might say that we are proud of earning an "A" on our report card. This is not the sin of pride that we mean in the Bible or our confession.*

The sin of pride is when a person believes they are so smart and so great that they cannot see the true worth of anyone or anything else. Adam and Eve were the first to commit this sin. They thought they were smarter and better than God.

Family Focus

Today, we learned about the sacrament of penance (confession) as being essential for Holy Communion. Students learned a simple concept of sin: not living up to God's standards. The process of confessing our sins and receiving the love of Christ through the bread and wine renews our souls every Sunday.

Living Your Faith

1. Discuss with your child how helpful it can be to admit when you've made a mistake and be able to learn from it.