

# Getting Back on Track

## The Sacraments of Reconciliation and Eucharist



### Pray Together

Draw near to the Lord and take the light. Alleluia!  
Taste and see that the Lord is sweet. Alleluia!  
Praise the Lord in the heavens. Alleluia!  
Praise him in the heights. Alleluia!  
Praise him all his angels. Alleluia

From the Divine Liturgy hymn *Orhnyal eh Asdvadz*

### Chapter Checkup

Fill in the missing word or words.

1. Baptism, chrismation, and communion are the sacraments of \_\_\_\_\_.
2. Chrismation is also called \_\_\_\_\_.
3. \_\_\_\_\_ sin began with Adam and Eve.
4. Chrismation is a sign that the baby has received the gifts of the \_\_\_\_\_.
5. Jesus was baptized in the \_\_\_\_\_ River.

### Restorer of Souls

Imagine you see a wooden chair in a trash heap. It is old, dirty, missing parts, and maybe painted a horrible color. There is no hope for that chair. It will go off to decay in a landfill or be burned.

Suddenly an artist comes along and rescues the chair out of the trash. This person is patient and has the skills necessary to make the chair like new. He or she carefully sands off the old paint or varnish until the original wood reappears in all its beauty. They replace a missing leg or whatever else is broken and give the chair a glowing finish or paint it an attractive hue. After some very hard work, the chair sits in a place of honor in a hallway or a living room, when once it was headed for destruction.

Jesus is like the person who pulled the chair out of the garbage and restored it to beauty. As the only Son of God, he alone has the power and knowledge to clean sin from our souls. Through his death and resurrection, he offers us reconciliation. We are restored to a place of honor in heaven.





## Did I Do That?

Think of the last time you did something wrong, even though you knew it was wrong. Write three words here that describe how you felt:

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When we sin, we usually feel very unhappy. God is unhappy, too. For us to feel better, we need to repent, or to realize what we have done wrong and be sorry for it. If possible, we should try to do something to fix our misdeed. We must try very hard not to do that particular bad thing ever again.

God wants to restore us to happiness and peace even after we have sinned. He wants us to tell him what we have done, no matter how bad it is. He wants to hear if we have sinned by not doing the good things God has told us to do. This is called confession. When we are honest with God about our sins and turn away from them, God is happy to forgive us.

## The Lord's Supper

On Holy Thursday, the night before Jesus' Crucifixion, Jesus and his disciples ate together to celebrate the Jewish Passover. This is known as the Last Supper. During the meal, Jesus did a strange thing, which is recorded in Luke 22:19-20:

"And he took bread, gave thanks and broke it, and gave it to them, saying, 'This is my body given for you; do this in remembrance of me.' In the same way, after the supper he took the cup, saying, 'This cup is the new covenant in my blood, which is poured out for you.'"

This was the first Eucharist, which is also called the sacrament of Holy Communion. It is also known as the Lord's Supper. Jesus tells his followers to share his body and blood, by which our sins are forgiven. The Armenian Church follows this command each week during Holy Communion.

Although we can confess our sins anytime and in any location, Holy Communion offers us a chance to unite with other believers and share the joy of forgiveness. When we have confessed our sins together and the priest places the blessed bread and wine on our tongues, it is as if we are all at a table sharing a glorious meal. We face the new week with a feeling of peace and satisfaction.



## The Path to Peace

There are steps that we follow during Holy Communion. First, we prepare for the special time with God by fasting. Later, we confess our sins with the congregation. You may think, "How am I supposed to remember all the stuff I did wrong?" Here are some questions which you can ask yourself to help you remember:

- Where have I gone recently?
- What people did I see?
- What activities did I do each day?
- What conversations have I had?

*God doesn't ask us to resist temptation on our own.  
His Holy Spirit is always there to  
strengthen us – all we have to do is ask!*

## Pass It On

In Ephesians 4:32 we are told, “Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.” This means God wants us to show the same forgiveness to others that he has shown us. When someone does something bad to us, we must remember this command.

## Faith Word *Reconciliation*

The reestablishing of a close relationship

## Our Armenian Way *Megha Asdoodzo* Մեղայ Աստուծոյ

When we share in the sacrament of Holy Communion, we recount the sins we have done and confess them together as one body.

*The following is from the group confession of the Armenian Church. See if you can replace all underlined words with your own word or phrase.*

“I confess before God, and before the holy mother of God, and before all the saints, and before thee, holy Father, all the sins which I have committed. For I have sinned in thought, word, and deed, willingly and unwillingly, knowingly and unknowingly, I have sinned against God.”

## FAMILY FOCUS: For Parents



### Lesson Roundup

Today's session was about the sacrament of Holy Communion. Your child evaluated how they feel when they do something wrong, and learned how Jesus is the one who forgives our misdeeds and restores us to a good relationship with the Father.

The class read in Luke 22:19-20 that Jesus commands us to partake of the Eucharist. Your son or daughter learned tips for making confession more productive, and

that God tells us to forgive others, as he forgives us. After acting out some creative scenarios on confession and forgiveness, the students also read from the confession in the Armenian Church.

### Family Faith Activity

Our joy at God's mercy and forgiveness should carry over into all we do. Try to perform one of the following activities with your family.

1. Read Matthew 26:26-28 for another account of the Last Supper.
2. Read James 5:16 together. Have each member of the family recall something they have done that they think might be wrong. Pray together for forgiveness, and ask the Holy Spirit to help each of you to resist that sin in the future.
3. Participate in Holy Communion as a family.

### A Parent's Promise

Yes, I read the Lesson Roundup \_\_\_ and tried at least one activity as a family \_\_\_.

Signed \_\_\_\_\_