

# *First Communion*

*St. Mark's Faith and Life Center*



*Name:* \_\_\_\_\_

ST. MARK'S YOUTH MINISTRY EXISTS TO  
**EQUIP** YOUTH WITH GOD'S WORD,  
**REACH** OUT WITH THE LOVE OF JESUS,  
**CONNECT** CHRISTIANS,  
AND CHALLENGE YOUTH TO **SERVE**  
AND **CELEBRATE** GOD WITH THEIR LIVES.

## **THE SACRAMENT of the ALTAR**

(from Luther's small catechism)

### **1. What is the Sacrament of the Altar?**

It is the true body and blood of our Lord Jesus Christ under the bread and wine, instituted by Christ himself for us Christians to eat and to drink.

### **Where is this written?**

The holy evangelists, Matthew, Mark, and Luke and St. Paul write thus:

In the night in which he was betrayed,  
Our Lord Jesus took bread, and gave thanks;  
broke it, and gave it to his disciples,  
saying: Take and eat;  
this is my body, given for you.  
Do this for the remembrance of me.  
Again, after supper, he took the cup,  
gave thanks, and gave it for all to drink,  
saying: This cup is the new covenant in my blood,  
shed for you and for all people for the forgiveness of sin.  
Do this for the remembrance of me.

### **2. What is the benefit of such eating and drinking?**

The words "given for you" and "shed for you for the forgiveness of sin" show us that forgiveness of sin, life, and salvation are given to us in the sacrament through these words, because where there is forgiveness of sins, there is also life and salvation.

### **3. How can bodily eating and drinking do such a great thing?**

Eating and drinking certainly do not do it, but rather the words that are recorded: "given for you" and "shed for you for the forgiveness of sin" These words, when accompanied by the physical eating and drinking, are the essential thing in the sacrament, and whoever believes these very words has what they declare and state, namely, "forgiveness of sin."

### **4. Who, then, receives this Sacrament worthily?**

Fasting and bodily preparation are in fact a fine external discipline, but a person who has faith in these words, "given for you" and "shed for you for the forgiveness of sin," is really worthy and well prepared.

However, a person who does not believe these words or doubts them is unworthy and unprepared, because the words "for you" require truly believing hearts.

## First Communion - Session 1

### "Sea Of Faces" by Kutless

I see the city lights all around me  
Everyone's obscure  
Ten million people each with their problems  
Why should anyone care

And in Your eyes I can see  
I am not just a man, vastly lost in this world  
Lost in a Sea of Faces  
Your body's the bread, Your blood is the wine  
Because you traded Your life for mine

Sometimes my life it feels so trivial  
Immersed in the greatness of space  
Yet somehow you still find the time for me  
It's then You show me Your love

And In Your eyes I can see  
And in Your arms I will be  
I am not just a man, vastly lost in this world  
Lost in a Sea of Faces  
Your body's the bread, Your blood is the wine  
Because you traded Your life for mine

If only my one heart  
Was all you'd gain from all it cost  
Well I know you would have still been a man  
With a reason  
To willingly offer your life

I am not just a man, vastly lost in this world  
Lost in a Sea of Faces  
Your body's the bread, Your blood is the wine  
Because you traded Your life for mine

Just one in a million faces

Introductions: Small Group Leaders and Families

Words that have to do with communion:

What questions do you have about communion?

Catechism study . . . "What is Holy Communion?"

What is it? \_\_\_\_\_ and \_\_\_\_\_ of our Lord Jesus

How is given? Through \_\_\_\_\_ and \_\_\_\_\_

Who started it? \_\_\_\_\_ himself

Why? For \_\_\_\_\_ to \_\_\_\_\_ and \_\_\_\_\_.

The Old Testament Meal

Exodus 1-3

Israel was in \_\_\_\_\_ in Egypt

Exodus 7-11

There were \_\_\_\_\_ sent to free  
Israel.

Exodus 12 - The final plague...

Those with \_\_\_\_\_ of the \_\_\_\_\_ on  
their doorpost would escape death and slavery.

They ate a meal to remember called the  
\_\_\_\_\_.

## First Communion - Session 2

### The Eating Game

Rule one - Eat but do not feed yourself

Rule two - Listen but do not speak

Rule three - Be happy, but do not be silly

Afterwards: Debrief - What did you learn?

### The New Testament Meal

Matthew 26:26-29 (Mark 14; Luke 22; 1 Corinthians 11)

As you look at this Scripture . . .

Who was there?

Where were they?

What was happening?

What was said?

What should I do when I take communion?

Before -

Examine: \_\_\_\_\_

Confess: \_\_\_\_\_

Repent: \_\_\_\_\_

During - Hold hands out, focused on \_\_\_\_\_

After - Give \_\_\_\_\_; Ask for \_\_\_\_\_ to live as a disciple.

What is our response?

- J \_\_\_\_\_!
- Amen!
- Thank you, \_\_\_\_\_!

Closing Thoughts

Closing Prayer

Collect Forms about First Communion Sunday - and which service people will be attending.

## First Communion - Session 4

A Special Invitation (Luke 14:15-24)

What's an excuse that people use?

What if someone famous invited you to dinner?

Who's invited to the banquet?

A meal for *all* disciples of Jesus  
(past, present, and future)

All about relationship!

When is a person prepared? (Catechism, p. 11)

1 Corinthians 11: 28

"That is why you should examine yourself before  
eating the bread and drinking the cup."

What were the problems?

How did Paul suggest they prepare themselves?

Scripture Video - Matthew 26:26-29

Words of Institution (Catechism p. 11)

What is a Sacrament?

"Sacra" means \_\_\_\_\_

"-ment" means \_\_\_\_\_

**For there to be a Sacrament there  
are three necessary things:**

- 1) Gift of God's \_\_\_\_\_.
- 2) Commanded by Christ: Words of \_\_\_\_\_.
- 3) Physical element attached: \_\_\_\_\_ and \_\_\_\_\_.

Why?

What are those benefits?

(Catechism part two, p. 11)

\_\_\_\_\_ of Sin, \_\_\_\_\_, and Salvation

## First Communion - Session 3

What's in a name? (Other names for Holy Communion)

Lord's Supper (*last supper he had with disciples*)

Eucharist (*Thanksgiving—for Jesus' sacrifice*)

Sacrament of the Altar (*happens at the altar*)

How can eating and drinking do all this? (Catechism, p 11)

\_\_\_\_\_ and \_\_\_\_\_ for you for the

forgiveness of \_\_\_\_\_.

### Differing Views of Jesus' Presence

Is Jesus present right now?

Remembrance -

"Do this in \_\_\_\_\_ of me" (Methodist/Baptist)

Spiritual Presence -

"Lift up your \_\_\_\_\_" (Reformed/Calvin)

Transubstantiation -

"This \_\_\_\_\_ my body/blood" (Catholic)

A most important belief about communion:

**REAL PRESENCE**

Real Presence - "\_\_\_\_\_ is my body/blood" (Lutheran)

Key words: \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_.