



## Future-proofing our children

Sunday School Class 3

Lesson Title	Holy Communion
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**A Parent's Guide**  
Sunday School Home Schooling



# Dear Parent

Welcome to the “**Holy Communion**” Sunday School 3 lesson.

This document provides you with a minimum guide on how to present the lesson.

## How to prepare and present the lesson

Below are some tips on how to go about preparing and presenting the lesson:

Step	Action
1.	<p>Access the New Apostolic Church Website by keying-in or clicking on the following link from WhatsApp:</p> <p><a href="https://bit.ly/3NACSSHS">https://bit.ly/3NACSSHS</a></p>
2.	<p>Gather the following tools to ensure that you are ready for the lesson:</p> <ul style="list-style-type: none"> <li>• Bible</li> <li>• The PDF lesson that is already prepared</li> <li>• Child’s workbook and pencils, crayons, etc.</li> <li>• The Video Clip which is an additional optional resource tool</li> </ul> <p><b>Note:</b></p> <p>2.1: An ideal time preferably to present the lesson is after the Sunday morning service in line with the normal Sunday School time to maintain the routine.</p> <p>2.2. Please keep the lesson as concise as possible, bearing in mind the retention span (to focus on the lesson) of our children – you know your child best. <i>Sunday School normally does not exceed 45 minutes.</i></p> <p>2.3: The lessons are class specific (i.e. SS, RI or Confirmation).</p> <p>2.4: Please contact your SS teacher if you need any of the above resources.</p>
3.	<p>Pray (see the prayer at the end of this document) and ask God to use you as a tool to present the lesson the way He would want us to present it.</p>



# Present a Sunday School Lesson at Home

## How to prepare and present the lesson

We continue to share some tips on how to go about preparing and presenting the lesson:

Step	Action
4.	Create a pleasant (disturbance free) learning environment where you and the children are at the same level <b>Example:</b> Sit on the mat or at a table
5.	Read through the lesson. Re-read the lesson so that you understand it. Watch the video clip of the lesson to get a better understanding of the lesson.
6.	Make notes for yourself on important points that you would like to remember.
7.	Understand the objective of the lesson that your child must remember.
8.	Present the lesson to your child by telling the story. You can even read the story if you like.
9.	Show your child the video and recap on the meaning/purpose of the lesson.
10.	Refer your child to the activity in the child's workbook.
11.	Pray, or ask your child to pray and close the lesson.

## Available tools in terms of Home Schooling

Herewith some tools to enhance the quality of the lesson:

1. WhatsApp chat the lesson with another Sunday School 3 family.
2. Discuss with other parents to obtain clarity regarding the lesson before it is presented.
3. Feel free to conduct your own research for additional information.



# The Lesson

<b>Lesson Title</b>	Holy Communion
<b>Text</b>	Matthew 26: 26 - 28
<b>Lesson Objective</b>	The children are happy to receive Holy Communion. They recognise the meaning and significance of this celebration.

## Lesson Summary:

The lesson centres around the sacrament of Holy Communion.

- Shortly before His death, Jesus instituted Holy Communion at the Last Supper with His Apostles in remembrance of His suffering and death.
- We celebrate Holy Communion in the divine services.
- It enables us to have close fellowship with the Lord Jesus just like the Apostles at the Last Supper and secures eternal life for our souls.
- The body and blood of Jesus contains the power enabling us to overcome anything which might hinder our salvation.
- Today, the sermon prepares us for the celebration of Holy Communion.
- We pray the Our Father. Thereafter, our sins are forgiven, this is done through a prayer by the Minister from the altar – prayer of absolution.
- The Holy Communion (wafer) is then consecrated. In doing so, the Minister speaks the same words in his prayer as the Lord Jesus did at the Last Supper. Read Matthew 26: 26-28
- Through this consecration, the wafer carries the life and power of the Son of God.
- When dispensing Holy Communion, the Minister says: “The body and blood of Jesus given for you” and we respond saying “Amen”.
- By celebrating Holy Communion, we are as close to Jesus as His Apostles were at the Last Supper.
- We receive the strength to improve ourselves and to overcome sin. Jesus gives us the strength to leave behind the bad and to do good.



- Every time we take Holy Communion we should do so joyfully and gratefully in remembrance of Jesus Christ's sacrifice.
- The wafer we use for Holy Communion, is unleavened bread (bread without yeast) and on it are three drops of wine and the first (alpha) and last letters omega) of the Greek alphabet. They mean that Jesus Christ is the beginning and the end.

### What does this lesson mean for us today?

- Holy Communion is a sacrament.
- Jesus instituted it Himself in remembrance of His suffering and death.
- We celebrate Holy Communion. It gives us a close connection with Jesus.
- Jesus gives us power through communion to overcome all bad and to do good.
- We are joyful and thankful to celebrate this in remembrance of the sacrifice of Jesus for us all.

### Some questions that we can ask:

1. What is the meaning of the three red dots and the Symbols on the wafer?  
**Answer:** The red dots are the wine which symbolises Christ's Blood. The A (alpha) and Ω (Omega) are the first and last letters in the Greek alphabet. They signify that Jesus is the beginning and the end.
2. When do we receive the forgiveness of sins?  
**Answer:** Our sins are forgiven through the prayer of absolution after we pray the Our Father. Through the dispensing of the wafer we have fellowship with Christ. We receive strength to refrain from sin.

### A Prayer for Daddy and Mommy to pray before the lesson:

*Dear God, thank you for another day, Bless us all.*

*May we feel your presence, Bless the lesson we will have*

*We ask that you lead us onward into the long journey to which you have called us.*

*We believe that sealing is one of the most important moments. It is how we become a Child of God.*

*Help us to understand this act of dedication with clear minds and full hearts.*

*Send Jesus to fetch us, And may we be ready to meet Him*

*In Jesus name we pray this - Amen*