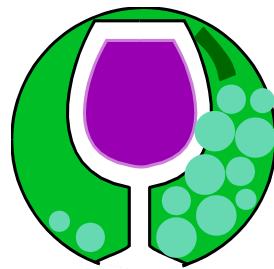
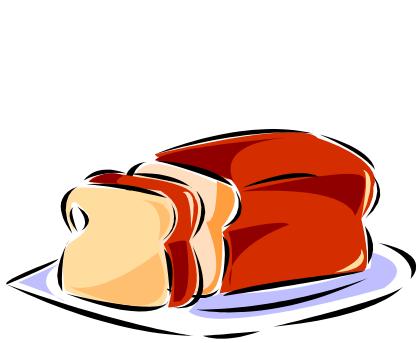


YOUR FIRST COMMUNION



Before you start...

1. Holy Communion. This is very special. This is **not** asking mom & dad for a bowl of cereal or a cookie. This is the body and blood of Jesus Christ, the Chosen One.

So we are **excited!** We want you to take Communion, and to teach you about it.

2. So let's learn! When you get ready for school, what do you do? You wash up, get your school clothes on, get your books or homework. You have to prepare, don't you? You have to get ready for Holy Communion, too.

3. So here is a bible study. This will help to get you ready for your first Communion. You will go through this with your Dad and/or Mom.

Parents, we want you to walk through this study with your kids.

Keep this packet in a special place so it doesn't get lost or messed up. Right now, I want you to think about where you're going to put it. And then decide as a family where you'll put it.

4. You will have two weeks to work through this. When you complete it, your mom or dad will let the church elders know. Then the church family will note this special step in your faith development on the day of your First Communion.

We pray that God will teach you many things about Himself. God loves you and has a wonderful plan for your life, and for the world.

Getting Ready for the Lord's Supper

Your name _____ Your Parent's Name(s)_____

Lesson One

Each lesson should start with prayer with Dad and/or Mom.

Your Mom and Dad, who love you so much, are very happy that you love God and pray to Him. They pray for you every day. They go to church because they believe in God and want to stay close to him, and because they want to be with Christian friends who also believe and follow God. They want you to grow and learn more about God, His Word, and his love.

Because they see God's love for you and your love for God and for others, they have asked the church elders to allow you to take Holy Communion. Let's read about it in **Mark 14:12-26**. *Read it with your mom or dad now.*



Who started Holy Communion? _____. That is true! But he was a Jew, and as a Jew, he and his family and friends always celebrated a big feast called _____. Read about it now in **Exodus 12:1-13**. (The name of this feast is also in Mark 14). _____. What was the sign that marked the houses of God's people? _____.

This feast started way back, long before there were cars, computers, or even the United States of America. Long, long ago, the Jewish people were living in Egypt. The king there hated them and wanted to put them in chains so he could force them to do what he wanted. So they became his _____.

For over 400 years, they worked for the evil kings, named _____. The kings made the Jewish people do hard labor, mostly back-breaking work. But did they get paid for their work? ____! Many people died working for the evil kings. They were very sad and very angry. They wanted to go far away from all the pain and tears. They cried, to God.

[End Lesson One](#)

LESSON TWO

God, in heaven, heard the people cry out to Him. He began a rescue plan to get them out. Read **Exodus 1:15-22**.



What were the names of the women? _____ and _____. What was their job? _____. What does that mean? _____

The women obeyed God rather than the evil king. They did right instead of wrong. What happened because they did the right thing? (Hint: see **vv. 20-21**).

- 1.
- 2.

Now read **Exodus 2:1-10**. Another heroine! Do we know her name? _____
What did she do? _____

Your mom would have done the same thing! She and your Daddy love you so much. But God loves you even more. So after the baby grew up, He asked him, _____, to be brave and to lead His beloved people out of Egypt. Keep up with the story in **Exodus 2:11-11:10**. (Note: This reading may take a few days).

Now Read **Exodus 12**.

That's the story of Passover. Soon the people crossed over the Red Sea and were no longer slaves! God used Moses, signs, and wonders to save them.

Passover led to Holy Communion. Just as God sent Moses to save the people back then, He did so again in Jesus. Just as He used signs & wonders back then, He did so again with Jesus' death & resurrection. He sent Jesus to _____ us.

When the Jewish people eat the Passover feast, they remember how God saved them. Each time we take Communion, we re-enact what Jesus did to save us.

End Lesson Two

LESSON THREE

Last time we studied the Passover. Today we read another story about Moses.



Turn in your Bible to **Numbers 21:4-9**.

Why was God angry with the people? _____

What did Moses do to save the people? _____

Now turn to **John 3:14-16**. What did Jesus do to save us? _____

Jesus was lifted up on the cross to draw us to him, like a magnet.

When we eat the Lord's Supper, we remember what Jesus did for us on the cross.

We remember that he died for us and for our salvation.

Read Mark 14:12-26.

When he broke the bread, Jesus said, "Take; this is my _____.

When he gave them the cup, Jesus said, "This is my _____ of the new covenant, which is poured out for many."

Each time we take Holy Communion, the Pastor or an Elder says these words.

Why do we come to take Communion? There are three reasons.

#1 We want to remember what Jesus did for us.

Have you ever sinned? What did you do or say that was wrong? _____

When we take Communion, we remember that Jesus tells God, "Don't punish him. I'm the one who did wrong." Did Jesus do wrong, ever? _____

Do you understand what he has done for you? _____

LESSON FOUR

Last time we talked about Communion, and about remembering what Jesus did for us. There are two other reasons why we eat the Lord's Supper.

#2 We want to commune with Jesus. “Commune” is mysterious; we become *one* with Jesus. How wonderful! He gives us himself and we give ourselves to him. What do you think that means? _____

Think of your church friends. When you look at their picture on a smart-phone, it is very different than when you spend time with them. Holy Communion is like that: we’re not just talking *about* Jesus; we’re interacting *with* him. Jesus is very near to us, through his Spirit. And he wants to *stay* near us. **Read Mark 10:13-16.**



What did Jesus do when the kids were brought to him? _____

In a way, Jesus was communing with them, wasn’t He? And He wants to interact with you, too. When you take Communion, you walk up to receive the body & blood, and the Elder says to you, “This is the body of Christ for you.” You then say, “Amen!” as a way of saying, “Thank you, Jesus, for being here with me.”

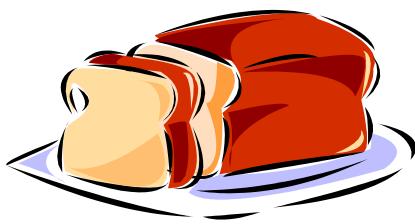
#3 Jesus wants to give us hope. We have hope that one day we will be with Jesus. What do you think that will be like? _____

Sometimes your mom and dad go through hard times. Sometimes you do, and later in life you will have other hard times. We look forward to being with Jesus.

Have you ever had to wait for something? What was that like? _____

It can be hard to wait. Holy Communion tells us that the Day is coming when we will see Jesus face to face. We will then be happy forever and ever and all hard times will be gone for us and for the world. Amen! Yay!!!!!! This gives us hope!

HOLY COMMUNION – Review Questions



1. What is the feast of the Jewish people, when they remember their slavery and freedom, called? When do we celebrate that?

2. Who was your favorite character in the stories you read in the lessons? Why?

3. Why did Moses put a bronze snake on a pole?

4. What did Jesus' death do for us?

5. Holy Communion is a feast of three things. Do you remember them?

R _____

C _____

H _____

5. How can you get ready for the Lord's Supper?

6. What does the grape juice remind us of? What about the bread?

7. Does taking Communion make you better than anyone else?

8. If someone asked you “Why do you go to church?”, what would you say?

After you are done going through this with your dad and/or mom...

Your parent(s) will let Pastor Dean & the elders know that you have completed these studies.

Now you are ready to take Holy Communion! When the Sunday is set, you can invite friends and extended family to come for your first time. We will put your name in the bulletin, and you will receive a gift from the church.

Remember, this is a great privilege. All your life you will learn more and more about this special time. Your covenant with God is kind of like a tree. When we stay rooted in His Son Jesus, it keeps growing year after year.

Holy Communion is like a password to growth—it's your way in, because it constantly brings you back, every month, to the forgiveness of Christ for you. Without His grace we can't grow. So don't miss the sacrament! It will provide nourishment for growth: month by month, season by season, year by year.

We pray that you will continue to grow in the coming months and years.

The Lord be with you.



With love,

Your Calvary Reformed Church Elders



After 1st COMMUNION

Okay, so you've had your first Communion! Here are some discussion questions you can go over as a family...

1. What was it like to have your first Communion?
2. Did other family members or friends come? Why?
3. Holy Communion is a feast of three things. Do you remember them?
Remembrance
Communion
Hope
4. One of those is Communion. Because you've asked Jesus to come and live in you, Jesus is! And you are in him. Eating bread dipped in grape juice is a reminder of this. How can you get ready for the Lord's Supper?
6. What does the grape juice remind us of? What about the bread?
7. Does taking Communion make you better than anyone else?
8. If someone asked you "Why do you go to church?", what would you say?

Our next Communion Service will be the first Sunday each month.