

He took bread, and gave thanks, and brake it, and gave unto them, saying, This is my body which is given for you: this do in remembrance of me.

Likewise also the cup saying, This cup is the new testament in my blood, which is shed for you. [Luke 22: 19-20]

PURPOSE

Help family members more fully appreciate the sacrament as an aid in remembering and keeping the commandments of the Savior.

SUGGESTED HYMNS AND SONG

"Jesus, the Very Thought of Thee"

[*Hymns*, no. 141].

"I Stand All Amazed" [*Hymns*, no. 193].

"To Think about Jesus" [*The Children's Songbook*, p. 71].

GAK Pictures needed: 225, 227, 230, 231, 233, 234, 235, 240, 602, 603

ATTENTION GETTER

Tell the children to listen carefully. If you say something that they should do or think about during the sacrament, they should stand up tall. If you say something they should not do or think about during the sacrament, they should bend over.

Read the following statements one at a time, giving the children time to respond.

- 1. Remember that Heavenly Father and Jesus Christ love us. (Stand)
- 2. Think about going on a picnic. (Bend)
- 3. Remember that Jesus Christ made sick people well. (Stand)
- 4. Whisper and talk to your neighbor. (Bend)
- 5. Wiggle and move around in your seat. (Bend)
- 6. Say a prayer to Heavenly Father. (Stand)
- 7. Draw pictures or play with a toy. (Bend)
- 8. Remember stories about Jesus Christ. (Stand)

SUGGESTED LESSON

Who Is Jesus Christ?

Without explanation, show a picture of Jesus (GAK 240), and allow your family to identify Him by asking such questions as—

- Who does this picture represent?
- Where did you learn about Him?
- Why is Jesus, who lived two thousand years ago, so important that we are taught about Him today?
- Why is His death so significant?
- Why is Christ important to our family?
- What did Jesus say of Himself? (Have someone read John 8:12 aloud.)
- What did our Heavenly Father say about His Son, Jesus Christ? (Have someone read John 3: 16.)

Jesus Asked That We Always Remember Him

Explain that during His three-year ministry on earth, Jesus clearly marked the path we should follow. He taught by example and word how people should behave and what attitudes they should develop. His was a life of love and service to others. He taught that the two great commandments were to love the Lord above all else and to love our neighbors as ourselves.

- Who are our neighbors? (Our brothers, sisters, parents, relatives, friends, and enemies.)

Show the picture of the Last Supper (GAK 225), and discuss with the family the last few hours of our Savior's life.

- Who are the men in the picture?
- Why are they gathered together? Briefly tell the story of the Last Supper:

The Last Supper

On the day of the feast of the Passover, Jesus sent two of His Apostles into Jerusalem to arrange for the feast. They prepared a room where they could be together. This was the

last time Jesus would meet with His beloved Apostles before His death. He served them in love. He knelt before them and washed and dried the feet of each of His disciples. He even washed the feet of Judas, whom He knew would turn against Him.

During the evening, He told His Apostles that one of them would betray Him. When Judas had left the gathering, as if on an errand for the Savior, Jesus tried to strengthen the others by giving them what He called "a new commandment." He commanded, "Love one another; as I have loved you" (John 13:34). He explained, "By this shall all men know that ye are my disciples, if ye have love one to another" (John 13:35). He comforted them by saying that He would send the Holy Ghost to be with them, to strengthen and guide them.

Jesus tried to tell them that He would soon leave them, but they did not understand. Desiring that they remember Him and keep His commandments, He introduced the sacrament. He broke bread and blessed it and passed it among His disciples saying, "Take, eat; this is my body" (Matthew 26:26).

Next He took a cup of wine, blessed it, and gave it to His Apostles to drink. He said: "Drink ye all of it;

"For this is my blood of the new testament, which is shed for many for the remission of sins." (Matthew 26:27-28; see also the Joseph Smith Translation in the footnotes of the Bible.)

- Do you suppose they thought, "We will remember"?

Matthew, one of the Apostles present on that sacred occasion, wrote that after the supper and the sacrament, Jesus and His Apostles sang a hymn. Then they went to the Garden of Gethsemane.

Jesus' Suffering, Trial, and Death

Have the assigned family members show and explain the pictures in the following order:

1. Jesus in Gethsemane (GAK 227)
2. The Crucifixion (GAK 230)
- 4- Jesus buried in the tomb(GAK 231)
5. The Resurrection (GAK 233, 234 &/or 235)

As family members show and discuss the pictures, remind them that each scene suggests that Jesus loved them and was willing to endure great pain and death so that they could live in Heavenly Father's presence.

- How do you think the Apostles felt about the last evening they spent with the Savior after His death and resurrection?

- What difference do you think it made to the Apostles in the way they viewed their promise to remember Him after they had watched His arrest, His trial, His crucifixion, His death, and finally His resurrection?

- Did the Apostles have opportunity to partake of the sacrament again?

Have the family read Acts 2:42, 20:7, and 1 Corinthians 11:23-30.

We Will Remember and Renew Our Covenants

Suggest to the family that before their next sacrament meeting they review their actions since the last time they partook of the sacrament. Challenge them to think seriously about how they can remember Jesus while they partake of the sacrament at the next sacrament meeting. After the sacrament meeting, discuss your feelings and thoughts and determine if this reminder helped.

Close your home evening by singing or reading the words to "I Stand All Amazed" [*Hymns*, no. 193].

ADAPTING FOR YOUNGER CHILDREN

As you display the picture of the Last Supper, ask the children which man is Jesus. They will probably know. They also may know that the other men are Jesus' Apostles. Ask them to tell what the men are doing.

Explain that Jesus knew He was going to die and that He wanted His friends to remember Him and do the things He had taught them, so He gave them the sacrament.

Help the children understand that this ordinance has meaning, otherwise they might think of it simply as a treat during church. Explain that the sacrament is given to help us remember Jesus' love for us and to help us do the things he wants us to do.

To apply this lesson and impress it on their minds, display a picture of Jesus by the place where you eat your meals. Then, Sunday morning during breakfast, suggest that the family talk about Jesus. Each child could tell one thing about Jesus, something the Savior did while He was here on earth. Then have each child tell something Jesus wants us to do. Remind the children that they will be taking the sacrament in sacrament meeting.

- What can you think about during the sacrament? (They may suggest thinking about their favorite story of Jesus or about something they can do to make someone happy.)

STORY

- Karen liked to go to Primary. One Sunday, Karen’s father asked, “What did you learn in Primary today, Karen?” Karen thought a moment; then she said, “I can’t remember, Daddy.” As she thought, she remembered that throughout Primary she had been thinking how wonderful it would be at Sally’s birthday party the next day. She hadn’t listened at all in Primary!
- Her father said, “Karen, I am glad that you go to Primary, but Mother and I also want you to be reverent while you are there.”
- “But, Daddy, I was very quiet!”
- “I’m glad you were quiet, Karen, but that is only part of being reverent. You also need to listen and participate in everything. When the prayer is said, you should think about it as though you were saying the prayer yourself and then say amen. When you sing, you should think about the words of the song. You should listen carefully to your teacher. When you participate in everything, you will feel close to Heavenly Father. That is being reverent.”

ADAPTING FOR TEENAGERS AND ADULTS

Instead of just telling the story of the Last Supper, read the scriptures. Compare the four gospels, emphasizing what each one adds to the account {see Matthew 26:26-29, Mark 14:22-25, Luke 22:17-20, John 6:50-65}.

Read the footnotes that give the Joseph Smith Translation of the passages of the Last Supper in the Bible. They add special insights that you may want to discuss.

Also discuss with family members the special meanings associated with the two parts of the sacrament. The bread is in remembrance of His body, which broke the bands of death so that each of us might also be resurrected. The water is in remembrance of His blood with which He bought for us redemption from our sins if we repent.

Discuss with family members how they can better remember during the passing of the sacrament by reviewing in their minds the sacrifice of the Savior, by giving silent prayers of thanksgiving, and recommitting to keep His commandments.



Game

Show the star that you have prepared. Point out that there are four ways to worship in sacrament meeting. Explain that you will put the star into a

paper bag and give each child an opportunity to pull the star out of the bag. They are then to answer the following statements about the word on the point of the star they are holding.

Following are some suggested statements. Ask the same question each time the same point is chosen. Since there are many different responses for each statement, this game could be repeated to give each child several opportunities to participate.

Listen: Who are some people we should listen to at church? (The bishopric, the priest blessing the sacrament, members giving talks, and Primary teachers.)

Sing: Name one song you like to sing at church. (You might want the class to sing the song that the child has selected.)

Pray: Name one time we offer a prayer at church. (Opening prayer, the blessing on the bread, the blessing on the water, closing prayer, silent prayers, or opening and closing prayers in Primary.)

Sacrament: Name one thing you can do during the sacrament. (Think of Jesus Christ, pray, sit reverently, listen to the prayers, or remember the baptismal covenants.)

TREAT:

Unleavened bread

Share some flat (pita) bread, the type of bread Jesus may have served during the first sacrament (yeast free). As you eat it, think of the first sacrament.

Recipe I found online:

UNLEAVENED BREAD

3 C flour 2 T oil 3 large eggs 1/2 C water **or** milk 1 t salt

Combine flour and salt. Combine eggs and oil; beat, then add egg mixture to flour. Add milk, beat hard for 2-3 minutes. Pour into three 8" square greased pans. Bake at 450° for 20 minutes