

## **Life of Christ #2**

*And other sheep I have, which are not of this fold: them also I must bring, and they shall hear my voice; and there shall be one fold, and one shepherd. John 10:16*

**Lesson:** Christ gives the Sacrament

**Memory Verse:**

*...if you do always remember me  
ye shall have my spirit to be with you.*

*III Nephi 8:41*

**Goals:**

1. Know that Christ sacrificed His life for us.
2. Know that taking the sacrament shows that we remember His sacrifice.
3. Know that taking sacrament brings us strength and happiness
4. Know that little children do not need the sacrament because God's spirit is with them all the time.
5. Understand closed communion.
6. Relate the story.
7. Know the story came from the Book of Mormon.

**Vocabulary:**

1. bread
2. wine
3. commandment
4. sacrament

**Materials and Preparation:**

**Introduction-**

- Sacrament glass
  - Prepare-
1. Make sacrament bread (recipe in craft section)

**Scripture Synopsis:**(These references are for the teacher. Depending on the abilities of your students, you may prefer to read the story directly from the scriptures below.)

### III Nephi 8:31

Before the multitude, Christ commands the disciples to bring bread and wine. He breaks the bread, blesses it, and gives it to the disciples. They partake and are filled with God's spirit. Christ then commands them to give the sacrament to the multitude.

### III Nephi 8: 32-36

Christ promises the people that ministry will be ordained to give them sacrament. He instructs that the sacrament is to be given only to those who are baptized. He commands them to break bread, as He has done, as a testimony that they will always remember Him. He promises them, if they observe this commandment, His spirit will be with them always.

### III Nephi 8:37-41

Christ commands the disciples.

### Introduction-

Can anyone tell me what happens when you don't get enough food to eat? Your clothes start getting loose and you get skinny and weak. What happens when you have enough food to eat? You are strong and healthy. There is a kind of food that has nothing to do with our body. Do you know what it is? It is the bread and wine, it is spiritual food. When people, who are baptized, don't take the sacrament they begin to be weak spiritually. They need spiritual food to be healthy, happy and strong.

Do you think little children need the sacrament to be happy? ... No. They are still learning about God, and God can help them to be happy, just the way they are. Some of you may have been baptized, and some of you feel you need to know and understand more before you make that decision. When you make the decision to be baptized, sacrament will become a very important part of your life.



## Sacrament

Jesus taught the people in this land, everyone got as close as they could to Jesus, so they could hear what He had to say.

"Bring bread and wine for the sacrament," Jesus told his disciples. "Sit down on the ground," Jesus told the people. The people sat down on the ground.

Jesus blessed the bread and wine. He gave the sacrament to His disciples. "Give the bread and wine to my people." Jesus commanded his disciples. The people ate the sacrament and they were filled with happiness.

"When you take the sacrament, you are remembering me," Jesus said. Jesus wanted His people to remember He loved them so much; He gave His life for them. Then Jesus made a wonderful promise to the people, "If you remember me, my spirit will always be with you."

When you are baptized, you need the spiritual food of sacrament to be strong and happy. When you take the sacrament, remember Christ loves you and will always be with you.

### Review:

- Tray
- Towel
- Sacrament glass
- Piece of sacrament bread
- Hymnal
- Book of Mormon
- Bible
- Patterns 4,7,9
- Paper, one per child
- Pencil, one per child
- Prepare-

1. Arrange all items on the tray, except the towel.
- Directions-
1. Hold up each item and discuss what it is.
  2. Cover the tray with the towel. Ask each student if he can remember one item on the tray. After everyone has a turn, have the children hold up hands if they can remember any of the other items.
- Challenge- Ask students to write down all the items on a piece of paper.
3. When everyone has had enough time, display the items again.

**Craft:** Sacrament bread \*Note- due to class time, this craft should be done first and introduction, story and review done while bread is baking.

- 9x13 pan
  - bowl
  - measuring cup and spoons
  - mixing spoon
  - $\frac{1}{4}$  Cup vegetable oil
  - 2 Tbsp. honey
  - 1 tsp. salt(optional)
  - $\frac{2}{3}$  Cup whole wheat or white flour
  - 1 cup cornmeal
  - 1 cup water
  - Directions-
- 1.Preheat oven to 350
  - 2.Grease and flour cake pan
  - 3.Have children help measure and mix the above ingredients and pour into the cake pan. Bake for 20-25 minutes.

**Optional Activities:**

**Memory Verse Activity:**

- Post-It notes
  - Directions-
1. Write parts of Memory verse on post-it notes.
  2. Place notes around the room before the class starts.
  3. Have children search for the verse and put in the right order.