



### My Prayer

Thank You, Jesus, for giving Your body and Your blood on the cross so that I can live with You forever. I will remember what You did for me whenever I eat a piece of bread or drink some grape juice. I love You, Jesus. Amen.



### Library

- “While they were eating, Jesus took some bread. He thanked God for it and broke it. Then he gave it to his followers and said, ‘Take this bread and eat it. This bread is my body’” (Matthew 26:26).
- “Then Jesus took a cup. He thanked God for it and gave it to his followers. He said, ‘Every one of you drink this. This is my blood which begins the new agreement that God makes with his people’” (Matthew 26:27, 28).

**IMPORTANT:** The “wine” that Jesus and His disciples drank that night was grape juice made from freshly pressed grapes. It was not the “wine” that makes people drunk.



### My Friend Ellen Wrote

*“The bread and the wine represent the body and the blood of Christ. As the bread was broken, and the wine poured out, so on the cross Christ’s body was broken, and His blood shed to save us.*

*“By eating the bread and drinking the wine, we show that we believe this. We show that we repent of our sins, and that we receive Christ as our Saviour” (The Story of Jesus, p. 98).*

Penny for  
Your thoughts

How does eating the bread and drinking the wine show that God loves us?

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## Bible Adventures for Young Readers



## A Meal of Memories

### I Can Read Text

“Every time you eat this bread and drink this cup, you show others about the Lord’s death until he comes.”  
—1 Corinthians 11:26

### My Story

Cynthia sat in the shade of her favorite tree and watched the gentle breezes moving the tall grasses beyond the fence. The sun felt warm on her face, and the only sound she heard was the distant moo of a cow.

Her mother sat beside her, busily unpacking the picnic lunch they’d brought. Cynthia smiled when she thought about the delicious sandwiches and cool, crisp vegetables waiting to be eaten. This picnic was a great idea—a way for the girls of the house to take a break from the boys of the house. Dad and brother Jeremy were fun to be with. But sometimes Cynthia wanted to spend time alone with her mom so they could talk about important stuff like school and friends and growing up.

Mom stopped unpacking for a moment and studied the bowl she held in her hands. "Do you know what I think about when I see these vegetables?" she asked.

Cynthia shook her head.

"I think about how hard your father works in his garden to grow these for us to enjoy." She held up a ripe, red tomato. "He digs up the soil each spring, plants the seeds, makes sure the garden gets enough water, and then picks these when they're ready. This beautiful tomato reminds me of how much he loves us."

Cynthia thought for a moment. "I see what you mean, Mom,"

she said, rummaging through the picnic basket. "Our sandwiches too." She held up a neatly wrapped example. "You and dad work all week to earn money so we can buy bread and peanut butter and delicious grape jelly. Then you put everything together for our picnic. And here we are." The girl grinned. "I didn't know that food could make us remember so much."



**Copy the "I Can Read" text here and then draw some bread and glasses of grape juice to show what Jesus and His disciples were eating and drinking.** (Remember, in Bible times, bread was round and flat.)

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1 Corinthians 11:26



Cynthia and her mom enjoyed their picnic in the shade of the big tree. They also enjoyed remembering the love and hard work that made each bite possible.

## My Bible Adventure

The last meal Jesus ate with His 12 disciples is called "The Lord's Supper," and several times a year church members celebrate that meal by eating little pieces of bread and drinking little sips of grape juice while remembering what Jesus said that night. We can think about His words anytime we eat. Look up the text in the **LIBRARY** and then fill in the blanks to discover what Jesus wants us to remember when we eat bread and drink grape juice.

"Take this \_\_\_\_\_ and eat it. This \_\_\_\_\_ is my \_\_\_\_\_."

Jesus was reminding His disciples that soon His body would be torn and broken on the cross, just like you tear and break bread to eat it.

"Every one of you \_\_\_\_\_ this. This is my \_\_\_\_\_ which begins the new \_\_\_\_\_ that God makes with his people."

Jesus wanted His disciples to remember that His blood flowed from His wounds on the cross just like grape juice flows from a cup. The "new agreement" was a promise Jesus made to those who love and obey Him to forgive their sins and return to earth someday to take them home to heaven.

Why did Jesus want us to remember such a terrible thing that happened to Him? Because that terrible thing made it impossible for Satan to destroy us forever. Jesus died for our sins so we could someday live forever with God in heaven! His body and blood paid the price for our sins and opened Heaven's door to anyone who chooses to follow Jesus.

**Space Food:** Astronaut Alan B. Shepard brought a peanut with him to the moon.

 **Fun Facts**

**PB&J**

- It takes about 540 peanuts to make a 12-ounce jar of peanut butter.
- The average American consumes more than six pounds of peanuts and peanut butter products each year.\*

