

# The Sacrament Helps Me Think about Jesus

Teach your child reverence for the Sacrament, and how it is a good time to think about Jesus and his life!

## Purpose

To encourage each child to think about Jesus Christ during the sacrament.

“The ordinance of the sacrament makes the sacrament meeting the most sacred and important meeting in the Church.” ~ Dallin H Oaks

## Preparation

Pull up any links you might need for the lesson - look at the Family Night website for quick links

Mark Scriptures ~ Luke 22:19-20

Find Pictures of ~ The Last Supper

Prepare for the Activities you want to do.

Things you will need ~ anything else you might need for extra activities

Prepare Treat ~ Suggested Treat - Face Crackers

# The Sacrament Helps Me Think About Jesus

**Opening Song** ~ Tell Me the Stories of Jesus (Primary Hymnbook; Hymn 57)

**Opening Prayer**

**Attention Activity** ~ Show a picture of The Last Supper and ask your child what they think it is about. After they have a chance to talk tell them it is about the first sacrament, and then read the scripture with them.

**Scripture** ~ Luke 22:19-20

Have the child repeat, word for word the scripture. Explain how this was the first sacrament that ever was. You can talk about how the bread is so we remember his body and the water is to remember his blood.

**Scripture Story** ~ Jesus in Americas

Show the picture of Jesus with the Nephites. Explain that after he died, he visited the Nephites and taught them many things. One of the things he taught them was that they needed to meet together on the Sabbath and remember Him by taking the sacrament.

If you would like to read 3<sup>rd</sup> Nephi 18:1-11 to go along with it you can!

**Story** ~ "The Sacrament" ~ Poem found on lds.org by Jennifer Judd (Link on Family Night Website)

Read the poem to your child once, or more if they would like. The second time through you could go slowly and ask what it is talking about every couple of lines. You can also have a picture of someone taking the sacrament or a picture of Christ to look at while you are reading the poem.

**Activity** ~ Tell Me the Stories of Jesus!

Ask your child what their favorite story of Jesus is, and then tell them yours! You can even draw a picture of your favorite story first to show what you are talking about. Gather the pictures after the activity and bring them to church Sunday so they have something to look at during sacrament to help them remember Jesus.

**Testimony** ~ Bear your testimony to your child about how blessed we are that we get to take the sacrament and remember Jesus each week. It doesn't need to be eloquent and long, just keep it simple and heartfelt!

**Closing Song** ~ Before I Take the Sacrament (Primary Hymnbook; Hymn 73)

## **Closing Prayer**

**Treat** ~ Suggested Treat ~ Unleavened Bread. Make some unleavened bread and explain to your child this was the kind that Jesus would have eaten! If you want to make it a little sweeter you can add a little honey! (Find link to recipe on familynight site)

## **Extra Activities for This Lesson ~**

1 ~ Remember Jesus Christ During the Sacrament Wheel

Print out the pages from the friend on card stock and create something your child can look at during sacrament to remember Jesus. Talk about it a few times in advanced so they know what they are looking at.

2 ~ Make a book about Jesus to bring for sacrament meeting. You can print pictures from online, draw some of your own or cut them out of old Friend magazines. Explain that this will be a special book that we only get to look at during sacrament meeting!

3 ~ Play the quiet game! Whoever sits still the longest wins! You can also call it the reverent game!

## **Other Materials ~**

Basically all the ideas from this lesson is from The Primary 1 Manual, lds.org, and Sugardoodle.net

If you are looking for other materials to help with your lesson you can look in any of these places ~ There are links to them on the Family Night Website!

## **For Younger Siblings ~**

If your child has a younger sibling, look at the lesson we have for infants and toddlers, you can find the link on our website.