

The Sacrament Helps Me Think of Jesus Christ

In general it seems people forget just how important the sacrament is. Show your child it is important!

Purpose

Teach your child about the Sacrament and why it is so important! This is also a great time for you to think about the value you place on the sacrament and how you can more effectively use it in your life!

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

Preparation

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

Mark Luke 22:19

Prepare for the Activities you want to do.

Prepare Treat ~ Unleavened Bread (Idea from gospelgrabbag.com)

Taking the Sacrament Helps Me Think of Jesus Christ

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

Opening Prayer

Scripture ~ Open Scriptures to Luke 22:19, and read. To reinforce the idea that goes with the lesson you can say, "We take the Sacrament to remember Jesus Christ."

Scripture Story ~ The Last Supper

Jesus and his disciples were the first ones to take the sacrament.

They drank water, and ate bread just like we do!

We have the opportunity to take the Sacrament every week at church!

The sacrament is a good time to remember Jesus Christ.

Activity ~ During the Sacrament

During this activity you are going to talk about the different things you can do during the sacrament to stay reverent and think of Jesus Christ. With young children it can be especially difficult to get them to sit still for more than even a few moments. So maybe instead of having them sit completely still discuss the different things you can do during the sacrament - which is completely up to your family. Some people have quiet books, others use friends or the gospel art kit to look at. Some families have coloring sheets or other activities. Some people don't allow anything at all. But every family is different, choose what is right for your family! Just remember you would be surprised what children are capable of if you gave them a chance, especially when you are consistent.

Coloring Page ~ Taking the Sacrament Helps Me Think of Jesus Christ

Closing Song ~ The Sacrament (Primary Hymnbook; Hymn 72)

Closing Prayer

Treat ~ Unleavened Bread (from gospelgrabbag.com) Tell your child that this was the kind of bread that Jesus used to use for the sacrament! * see extra activities for another treat idea!

Extra Activities for This Lesson ~

1 ~ Pictures of Christ.

Find different pictures of Christ, and in turn show them to your child. Talk about different stories, and if they are old enough ask them which one they like the best. Remind them during the sacrament to think of that story or picture.

2 ~ Bubble idea (found on sugardoodle.net from Rebecca)

“To go along with this lesson I made a big thinking bubble on a piece of poster board on one side I wrote in caption ‘What do you think about during the sacrament?’ then inside the bubble I had pictures of Pizza, someone riding their bike, baseball, football (you get the picture fun stuff) on the other side under the picture of the thinking bubble I wrote ‘What should you think about during the sacrament?’” Then inside the bubble I put pictures of the Savior, the sacrament, etc...then I picked a child to come to the front of the room. I held the bubble behind her head and asked the class what she was thinking about, the kids would go crazy telling her what she was thinking about, then I would flip it around to show what she should be thinking of during the sacrament. Got the point across and the children enjoyed it.”

3 ~ Extra Treat Idea

Make some chocolate chip cookies and put the chips in the form of a smiley face! Explain to your child that thinking of Christ during the sacrament makes us feel happy ☺!