

# 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](http://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!