

SUNDAY OF THE CHURCH YEAR: Proper 15B

Please refer to Guidelines for Children's Addresses in Worship document produced by the LCA Department of Liturgics and Grow Ministries - download guidelines [here](#).



MAIN POINT

Jesus gives us his body and blood in the Lord's Supper

SCRIPTURE FOCUS

I am the living bread that came down from heaven. Whoever eats this bread will live forever. This bread is my flesh, which I will give for the life of the world.' John 6:51

APPLICATION

The Lord's Supper

AIDS

A picture of a 'food pyramid', the communion elements on the altar.

ADDRESS

If possible, it would be good if the pastor or an elder/pastoral assistant could show the children the communion elements and explain what they are for and why we take communion.

If this is not possible, here is an alternative address:

Have you heard someone say "You are what you eat?"

Show the picture of the food pyramid.

These foods at the bottom are healthy foods that we can eat lots of. These foods at the top are not healthy. What would happen if we only ate the foods at the top? We would get sick. So, what we eat is important: if we eat healthy foods, we will be healthy.

What would happen if we watched lots of TV shows and movies that were filled with bad language?

e.g. We might start to use bad language too. So, what we fill our minds with can influence what sort of person we are.

When we come to communion, we eat bread and drink wine but we also eat Jesus' body and drink Jesus' blood at the same time, and we receive forgiveness for our sins. That's really hard to understand, but Jesus has told us this is true and communion is a very special meal. The more we eat of this special meal, the more like Jesus we become. So, we are what we eat!

PRAYER

Dear Jesus, thank you for your special meal where you give us your body and blood and forgive our sins. Help us to make healthy choices with what we eat, and what we fill our minds with, and help us to become more and more like you. Amen.

You may wish to hand out *Growing Faith at Home, Worship Notes* or another resource before the children return to their seats.

For more information about Grow Ministries and other resources for ministry to children, young people and their families, please contact:
e: growministries@lca.org.au p: (08) 8267 7300 www.growministries.org.au

