

First Communion Class

What is Holy Communion?

History:

1. God's people, the Jews/Hebrews were slaves in Egypt. This lasted about 400 years.
2. God raised up Moses to set them free – an exit, or “Exodus.”
3. Plagues:
 - a. God cast 9 horrible natural events against the Egyptians, while the Jews were spared them (water into blood, frogs, gnats, boils...).
 - b. A 10th plague on the firstborn was more than Pharaoh (the king of Egypt) could take. God has his people mark that plague with a meal called:
4. Passover
 - c. God's people were to slaughter a lamb, put its blood on the doorposts, eat the lamb with bread with no yeast, bitter herbs, and wine.
 - d. That night, the Lord went through Egypt. He “passed over” the houses with blood on the doorposts, but entered the ones without it and killed all the firstborn.
 - e. God wanted his people to always remember what he had done for them, so he told them to celebrate the Passover meal every year.
5. This all happened about 1,500 B.C. So, about 1,500 years later, Jesus is celebrating the Passover with his disciples, when he takes the bread and wine and gives us the Lord's Supper.

Connections:

Passover

A meal that remembers God's work
Blood of the Lamb saved the people
Death “passed over” the homes

Holy Communion

A meal that remembers Jesus' work
Blood of Jesus (Lamb of God) saves the people
Death “passes over” believers who eat & drink

Why we learn about Holy Communion before we receive it:

1. **It's from Jesus** - “23 For I received from the Lord what I also passed on to you: The Lord Jesus, on the night he was betrayed, took bread, 24 and when he had given thanks, he broke it and said, “This is my body, which is for you; do this in remembrance of me.” 25 In the same way, after supper he took the cup, saying, “This cup is the new covenant in my blood; do this, whenever you drink it, in remembrance of me.” [1 Corinthians 11:23-25]
2. **Every time we eat it and drink it we connect with what Jesus has done for us** – “For whenever you eat this bread and drink this cup, you proclaim the Lord's death until he comes.” [1 Corinthians 11:26]
3. **We need to understand we need this Sacrament** – “A man ought to examine himself before he eats of the bread and drinks of the cup.” [1 Corinthians 11:28]