

## Jesus Gives us His Body and Blood



**Scripture:** Matthew 26:26-29 Mark 14:22-26 Luke 22:14-20 *Action Bible* pp 687-691

**Theme:** Jesus gives us His body and blood in Holy Communion to remind us of His sacrifice and forgiveness.

“After blessing it” blessing εὐλογέω means to praise a superior, or confer benefit on an inferior.

“This is my Body” In English, this quote from Luke 22:19 doesn’t clearly indicate the antecedent of “this.”





For the picture above, if I were to say “It is tall,” or “He is tall,” you would know which item is tall. The same is true for the Greek of the passage. Bread is a masculine noun ἄρτον. Body is a neuter noun σῶμά. “This” is a neuter demonstrative pronoun Τοῦτό “Which” is a So Jesus is telling us what we are eating is his body.





Let's try this one. It is old. Am I talking about the pliers or the vise grip. In the case of the wine ΠΟΤΗΡΙΟΝ and blood Αἵματί, both are neuter. So is "this" ΤΟῦΤΟ.

"Which is given for you." Jesus is talking about his payment on the cross not for His sins because he hadn't any, but for our sins.

Mark 14:23 "Then he took the cup, gave thanks, and gave it to them. They all drank from it." The Augsburg Confession XXII 1 "The laity are given both kinds in the Sacrament of the Lord's Supper because this practice has the Lord's command."

Matthew says "fruit of the vine" LSB says that is a Hebrew idiom for wine.

I Cor. 11:20 and Rev 19:9 "The marriage supper of the Lamb."

1 Corinthians 11:17-29

"Unworthy manner" celebrating the Lord's Supper in a way other than described in the Bible. Also failure to recognize the bread and wine are also Christ's body and blood. It also includes having divisions in the congregation.

"Examine"

Have I confessed and repented of my sins?

Do I believe that I am receiving the actual body and blood of Christ under the bread and wine?

Do I believe that I receive the forgiveness of sins?

Do I share the confession and unity of this congregation?

Will I, with the Lord's help, amend my sinful life?

Passover

1. 10th of 1st month. Select a lamb. Exodus 12:3
2. 14th of 1st month. Clean out the leaven from the house. Exodus 12:15 (1 Cor. 5:7 is interesting here.)
3. 14th to 21st of 1st month. Eat unleavened bread. Exodus 12:18
4. 14th of 1st month "between the two evenings" Kill the lamb. Exodus 12:6
5. 15th of 1st month Put blood on doorposts and lintel of house. Exodus 12: 7
6. 15th of 1st month Eat the roasted lamb, unleavened bread, and herbs. Exodus 12:8



7. Midnight 15th of 1st month. The LORD struck down the first born of all Egyptians and their livestock Exodus 12:29
8. 15th of 1st month burn the leftovers in the morning. Exodus 12: 10.
9. 15th of 1st month Israelites leave Egypt 430 years after Israel (Jacob) arrived in Egypt. Note: That date makes sense since the next harvest was expected, but the drought had left no grain to be harvested, so they needed food now.

Questions that have arisen.

1. Can non-alcoholic wine be used?
2. Can leavened bread or gluten-free bread be used?
3. Could “is” mean “represents”?
4. When does the bread become bread and body?
5. Is using individual cups ok?
6. Does the bread have to be broken?
7. Is it still communion if you only receive either the wine or the bread?
8. Was Judas present at the institution of the Lord’s Supper?

## The Parts That Make Up “Communion” in the Lord’s Supper

Part	What It Is	Biblical Reference	Meaning / Role
<b>1. The Bread</b>	Ordinary bread set apart by Christ’s command	Matthew 26:26; 1 Corinthians 10:16	“This is my body” — Christ gives His true body in, with, and under the bread.
<b>2. The Wine</b>	Ordinary wine set apart by Christ’s command	Matthew 26:27–28; 1 Corinthians 10:16	“This is my blood of the covenant” — Christ gives His true blood in, with, and under the wine.



<b>3. The Words of Institution</b>	Christ's own words spoken at the first Lord's Supper	Matthew 26:26–28; Mark 14:22–24; Luke 22:19–20; 1 Corinthians 11:23–25	These words <b>make the Sacrament</b> what it is. The Word of Christ, joined to the elements, gives them divine power.
<b>4. The Eating and Drinking</b>	The physical receiving of the bread and wine by communicants	1 Corinthians 11:26–29	Communion involves <b>both giving and receiving</b> — the body and blood of Christ are received by mouth, together with the bread and wine.
<b>5. The Presence of Christ</b>	Christ's true body and blood truly present "in, with, and under" the bread and wine	Matthew 26:26–28; 1 Corinthians 10:16	Not a symbol, but a real presence for forgiveness, life, and salvation.
<b>6. The Communicant (the participant)</b>	Baptized believers receiving in faith	1 Corinthians 11:27–29	The person receives Christ's body and blood; faith receives the benefit — forgiveness and strengthening of faith.
<b>7. The Giving of Forgiveness and Life</b>	The blessing or benefit that Christ gives in the Sacrament	Matthew 26:28 ("for the forgiveness of sins"); John 6:51	The gift of forgiveness, life, and salvation — a communion <i>with</i> Christ and with one another.



<b>8. The Fellowship</b> (κοινωνία / koinonia)	The shared participation in Christ	1 Corinthians 10:16–17	The word <i>communion</i> means “ <b>sharing together</b> ” — all who receive should share in one body and be united in faith and love.
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## Summary: What Makes the Lord’s Supper “Communion”

Aspect	Description
<b>Vertical Communion</b>	Union with Christ — we receive His true body and blood and the forgiveness of sins.
<b>Horizontal Communion</b>	Union with the Church — all believers are united as one body in Christ (1 Cor. 10:17).
<b>Divine and Human Action Together</b>	Christ gives; the believer receives. The Sacrament is both God’s gift and our act of faith.

## The Lord’s Supper in Three Major Traditions

Doctrine Area	Roman Catholic	Lutheran	Reformed (Calvinist / Presbyterian)
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<b>Name of the Sacrament</b>	Eucharist, Mass	The Lord's Supper, Sacrament of the Altar	The Lord's Supper, Holy Communion
<b>Meaning of "This is my body"</b>	Taken <b>literally</b> — the bread <i>becomes</i> Christ's body	Taken <b>literally</b> — Christ's body is <b>truly present</b> "in, with, and under" the bread	Taken <b>figuratively</b> — the bread <b>represents</b> Christ's body; a <b>symbol</b> used by the Holy Spirit
<b>Nature of the Presence</b>	<b>Transubstantiation</b> — substance changes; accidents (appearance) remain	<b>Sacramental Union / Real Presence</b> — Christ's true body and blood are <b>really present</b> with the bread and wine	<b>Spiritual Presence</b> — Christ is <b>present spiritually</b> , not bodily; believers are lifted by faith to commune with Him
<b>Change in the Elements</b>	Yes — the <b>substance</b> of bread and wine becomes Christ's body and blood	No physical change; the bread and wine <b>are joined</b> with Christ's body and blood	No change — elements <b>remain bread and wine</b> but are <b>symbols</b> of Christ's body and blood
<b>How Christ Is Received</b>	<b>By all who partake</b> , whether in faith or not	<b>By all who partake</b> — to blessing or judgment (1 Cor. 11:27–29)	<b>Only by believers through faith</b> (spiritual communion)
<b>Role of Faith</b>	Not required for Christ to be present, but required for benefit	Faith receives the forgiveness offered in the Sacrament	Faith is essential; without it, the Supper is only bread and wine
<b>View of the Sacrifice</b>	<b>Re-presentation</b> of Christ's sacrifice — the Mass is an unbloody offering	<b>Once-for-all sacrifice already completed</b> ; the Supper delivers its benefits	<b>Memorial</b> of Christ's finished work; no sacrifice occurs



<b>Main Purpose</b>	To offer and receive the true body and blood of Christ as a means of grace	To receive forgiveness, life, and salvation through Christ's true body and blood	To remember Christ's death and spiritually feed on Him by faith
<b>Scriptural Emphasis</b>	Matthew 26:26-28; John 6:51-58	Matthew 26:26-28; 1 Corinthians 10:16-17; 11:23-29	Luke 22:19 ("Do this in remembrance of me"); John 6:63
<b>Confessional Source</b>	<i>Council of Trent</i> (1545-63)	<i>Augsburg Confession</i> (Art. X); <i>Small Catechism</i>	<i>Westminster Confession of Faith</i> (29); <i>Belgic Confession</i> (Art. 35)
<b>Summary Phrase</b>	"Christ's body and blood are made present again in the sacrifice of the Mass."	"The true body and blood of our Lord Jesus Christ are truly present and distributed to those who eat."	"Believers truly feed upon Christ by faith, but He remains in heaven."

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## Lesson Objectives:

By the end of the lesson, children will:

1. Understand that Holy Communion was given by Jesus for the forgiveness of sins and to strengthen our faith.
2. Learn the significance of the bread and wine as truly of Jesus' body and blood.
3. Recognize that Holy Communion reminds us of Jesus' love and forgiveness.

## Materials Needed:

- Bible
- Unleavened bread or crackers, and grape juice (for demonstration only)
- Pictures of a chalice, bread, or a church altar
- Craft supplies (paper, crayons, scissors, glue, markers)



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## Lesson Outline

### 1. Opening Activity (10 minutes)

#### Discussion Starter:

- Ask: “What’s your favorite special meal? Why is it important to you?”
  - Transition: “Today, we’ll learn about a very special meal Jesus shared with His disciples and how it’s still important for us today.”
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### 2. Bible Story (15 minutes)

#### Read the Scripture: Mark 14:22-26

- Use a children’s Bible or summarize in simple terms:
  - During the Passover meal, Jesus gave His disciples bread and said it was His body.
  - He gave them wine and said it was His blood, poured out for the forgiveness of sins.
  - Jesus told them to remember Him whenever they shared this meal.

#### Discussion Questions:

1. What did Jesus say about the bread?
  2. What did Jesus say about the wine?
  3. Why do we still celebrate this special meal in church today?
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### 3. Key Teaching Points (10 minutes)

- **Jesus’ Gift:** Explain that Jesus gave His disciples this meal to remember His love and sacrifice.
  - **The Bread and Wine:** In Holy Communion, the bread and wine are not just symbols—they are Jesus’ body and blood, given for us.
  - **Forgiveness and Love:** When we take Communion, we receive God’s forgiveness and are reminded of Jesus’ great love for us.
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#### **4. Visual Demonstration (5 minutes)**

##### **Holy Communion Demonstration:**

- Show the bread/crackers and grape juice. Explain:
    - The bread reminds us of Jesus' body.
    - The wine (or juice) reminds us of Jesus' blood.
    - These remind us that Jesus died to forgive our sins.
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#### **5. Craft Activity (15 minutes)**

##### **"Communion Chalice" Craft:**

- Provide paper chalice templates for children to decorate.
  - Inside the chalice, have them write: "This is my body... This is my blood." (Mark 14:22-24)
  - Decorate with stickers, glitter, or drawings of bread and grapes.
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#### **6. Memory Verse (5 minutes)**

##### **Mark 14:22b:** "Take it; this is my body."

- Practice the verse with hand motions:
    - "Take it" (pretend to hold out hands)
    - "This is my body" (touch chest).
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#### **7. Activity: Role-Playing the Last Supper (10 minutes)**

- Set up a simple "table" with bread and grape juice.
  - Assign roles: Jesus and the disciples.
  - Have "Jesus" reenact the breaking of bread and sharing of the cup, saying the words from Mark 14:22-24.
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#### **8. Closing Reflection (5 minutes)**

##### **Ask the Children:**



- How does it feel to know Jesus gave us this special meal for us to hold on to heaven and to remember Him?
  - What do you think about when you see Holy Communion in church?
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#### **9. Closing Prayer (5 minutes)**

- Thank Jesus for giving us Holy Communion.
- Ask for help in remembering His love and forgiveness each day.