

# First Communion Exploration Activities Guide

Christ Church Otsego  
2023

Name: \_\_\_\_\_

# First Communion Exploration Activities 2023

Student Name: \_\_\_\_\_

Parent Name(s): \_\_\_\_\_

These activities are for parents and students to do together.

Please do **all four** of the activities before the First Communion Class on March 26th.  
Submit your answers to Cyndy Nelson, Children's Ministry Director by Sunday, March 19<sup>th</sup>.  
You may write your answers on separate sheets of paper if you run out of room.

## ACTIVITY 1: Special Days, Special Meals

People plan celebrations and carry on traditions to remember important events in their lives. For example, the day you were born was a very special day, so your family celebrates your birthday every year with presents, special food, people who love you, and fun activities to remember it. We celebrate Christmas every year to remember Jesus' birthday. Communion is another way that we celebrate with special food and traditions to remember what Jesus did when he died on the cross for our sins. You will be exploring the history and importance of communion by completing this packet together. Please set aside some quiet time over several days to read the Bible, pray, and answer these questions together.

### 1. Ask Each Other

Baptism: Your baptism may have been the first celebration you participated in if you were baptized as a baby. Parents, please tell your child the story of his or her baptism day.

*If your child has not been baptized yet, and would like to be, please contact [Darcy@christchurchotsego.org](mailto:Darcy@christchurchotsego.org) for more information.*

- Where did it happen?
- When did it happen?
- Who was the pastor?
- How did your family get ready for it?
- Who was there?
- How did you celebrate?
- How do you feel when you talk about being baptized?
- Can you find any photos or mementos from that day?

Summarize your baptism story in one or two paragraphs:

Family Celebrations: Kids and parents, discuss the questions below.

- How do you celebrate important occasions?
- What holidays or events do you celebrate?
- What are some of your favorite memories about special occasions in your family?

**2. Take turns reading together the Story of Moses and the Israelites. Feel free to break this up into several days, if needed. Exodus Chapters 1-14. Exodus is the second book in the Bible. Page 75 in the Kids' Study Bible.**

God tried to get Pharaoh's attention by sending one plague after another, but each time the Pharaoh still said no. God sent ten plagues in all to demonstrate His power to the Egyptians. Can you name the first nine plagues (the first plague begins in chapter 7)?

Write them down:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.

The last plague was the death of the firstborn male (Chapters 11 & 12). This was the most terrible plague of all, but did God's people suffer? No. God showed His love to His people and made a covenant with them. A covenant means promise. God's covenant said that He would save all of the firstborn males who followed his instructions. Moses told all the Israelites God's plan to save them. Moses also instructed God's people to eat a very special meal that night because they needed to be ready to leave in a hurry the next morning. This meal is called the Passover.

What is a covenant?

What is the term used for killing a perfect lamb according to God's instructions in the Old Testament?

What did God tell Moses that the people were to do with the lambs and their blood?

What was significant about homes that had the lambs' blood on the door?

What was the special meal called?

Why do you think that the Lord commanded the Israelites to celebrate the Passover and then make it a holiday that they celebrated every year?

### **3. Prayer**

In some ways, Communion is like a Thanksgiving meal. In fact, one of the words for Communion (The Lord's Supper) is Eucharist. Eucharist means thanksgiving in Greek. Make a list of many things that you are thankful for. Then pray together. Take turns thanking God for the things on the list.

### **4. Build Traditions**

Build prayer into your everyday routine. Give prayers of thanks before meals and pray together before going to bed at night.

Other ideas: A short devotion is a great way to begin your day with Christ at the center. Download an app or purchase a daily calendar that provides a daily devotion or Bible verse to share with your children.

Our favorite traditions:

## ACTIVITY 2 : The New Promise

1. In Activity 1, we learned about how God set His people free from slavery in Egypt. Do you remember how it happened?

2. God told the Israelites to celebrate a special meal on a certain date every year to remember an event. Do you remember what it was called?

3. Jewish people still celebrate that supper every year to remember how God saved them from slavery and death. This special meal is called Passover. This is the same meal that Jesus shared with his disciples the night before He was crucified.

Jesus was Jewish and he was following His people's traditions. But that night, after the meal, Jesus said that God was making a new covenant (promise) with them. Christians do not celebrate the Passover meal because of the new covenant. Christians celebrate Jesus' death and resurrection with Holy Communion.

**(Read Matthew 26:17-30)**

4. Take time to talk about how the Passover story and Holy Communion are related to each other.

In what ways is Jesus like the Passover lamb?

Why do we take Communion instead of having a Passover feast?

## ACTIVITY 3 : The Communion Service

Think of someone you know who is older than you who you can talk to about communion. (Perhaps you can talk to a Grandparent, Aunt, Uncle, Godparent or a special adult friend.) Tell them that you would like to interview them to find out more about communion.

Person Interviewed: \_\_\_\_\_

Relationship: \_\_\_\_\_

Ask them these questions:

1. Please tell me about the church you attended when you were young.
2. What are some of your thoughts and feelings when you receive communion? Are they the same for you every time?
3. How were communion services different when you were young?
4. What would you like to tell people my age about communion?

## ACTIVITY 4 : What Communion Means to Me

Take a few minutes to write about what communion means to you. This is something that you should try to do yourself. Your mom or dad can help you with spelling or typing, but the ideas should be your own; tell about how you feel coming to the Lord's table. You should try to write a paragraph with at least four sentences.

If you get stuck with your writing, use some of these prompts to help you:

- Tell about why Jesus started communion
- Talk about why you want to take communion.
- Tell about what Jesus has done for you.
- Write about what you might think/pray about while you are taking communion.

What Communion means to me:

Thank you for completing all four activities. Keep a copy for yourself and **submit a copy to Cyndy Nelson, Children's Ministry Director** in person or email to [cyndy@christchurchotsego.org](mailto:cyndy@christchurchotsego.org) by **Sunday, March 19<sup>th</sup>**.