

A Special Meal With Jesus

An Interactive Meditation for the C Groups

(Script by Kirsten Malcolm, Cityside Baptist Church)

What to set up before the children arrive: Put the cloth on the small table, and the communion objects in the basket beside you, ready to get out. Fill up the bottle with water.

At the start of the meditation, hand out the...
candle

bottle of water

1 x wineglass

3 x small cups

brown plate

wooden 'tray'

2 x cardboard rice crackers

6 x green cards to read from

(Keep the play dough 'bread', the matches, and the orange prayer sheet beside you)

We have a time at church every month when we remember Jesus, and what he said and did at a special meal with his friends. It's called Communion.

You can tell when it's a Communion Sunday, because when you come in to church, you'll see a little table a bit like this at the front, with the things we need for Communion on it. We usually have Communion on the first Sunday of every month at our church. Some churches have it every week. Some just have it once a year.

There is a candle. *Get the child holding the candle to come up and put it on the table.*

The candle is lit. *Light the candle.*

The candle could remind us that Jesus said he is the light of the world.

He shows us how to be God's friend.

There is a bottle that is filled with a special sort of wine, called port.

Get the appropriate child to come forward as you say their item and to put it on the table.

There is a wine glass for the people who want to drink the port to use.

There are lots of little cups filled with red juice on a tray.

There is a plate.

The plate has a loaf of bread on it. *Put the play dough loaf on the plate.*

There are also some crackers for people to eat if they can't eat the bread.

The Communion leader, who is often Brenda, tells the story about what Jesus said and did during his last meal with his friends before he died.

She breaks the bread into pieces *Pull the loaf into halves*

and pours some wine into the glass *Pour some water into the wine glass*

She invites everyone who loves Jesus to remember him by having a little bit of bread or a cracker to eat, and a little sip of wine or red juice to drink.

Communion is usually a really peaceful, quiet time.

Children read from the six green cards:

Card 1: We think about Jesus.

Card 2: We remember that Jesus showed us that God loves us lots and lots.

Card 3: We remember that Jesus promised that he would always be our friend.

Card 4: You could use the time to talk to God, or to just sit and be aware of God, like you might sit peacefully with a good friend.

Card 5: At Cityside, we don't have a special age when you start to take Communion. You and your parents can decide together when you are ready to join in.

Card 6: Even if you don't take Communion yet, you can still be part of it by watching what is happening, listening to the music, and talking to God inside your head.

You can join in this prayer with me now, if you'd like.

Hold up the orange prayer sheet.

Thank you God for loving me.

Thank you Jesus for being my friend.

Thank you Holy Spirit for helping me.

God the Creator, the Son, the Holy Spirit,

Please help me to love you and other people.

Amen

Choose one or two 'I wonder...' question to ask, such as...

I wonder why you think Communion is important?

I wonder what your favourite thing about Communion time is?

I wonder what you like to think about during Communion?

I wonder if you have any questions about Communion?

I wonder why Jesus chose bread and wine to use?

I wonder what's hard for you at Communion time?

I wonder how Communion helps us to be God's friends?

I wonder if there's anything about Communion time that you're not sure about?

I wonder why we often have music playing at Communion time?

Which part do you think is the most important part of Communion time?

What could we change about Communion time, but still leave all the important bits?

Give any children who want to respond verbally a chance to share. You could ask them to talk about it with the people next door to them first to encourage everyone to have a go.

Blow the candle out before you go to group time.

Please check that the play dough bread is sealed in its container so it doesn't turn into gooey mush.

Thanks!

Thank you God for loving me.

Thank you Jesus for being my friend.

Thank you Holy Spirit for helping me.

God the Creator,

the Son,

the Holy Spirit,

Please help me to love you

and other people.

Amen

Card 1

We think about Jesus.

Card 2

We remember that Jesus showed us that God loves us lots and lots.

Card 3

We remember that Jesus promised that he would always be our friend.

Card 4

You could use the time to talk to God, or to just sit and be aware of God, like you might sit peacefully with a good friend.

Card 5

At Cityside, we don't have a special age when you start to take Communion. You and your parents can decide together when you are ready to join in.

Card 6

Even if you don't take Communion yet, you can still be part of it by watching what is happening, listening to the music, and talking to God inside your head.