

Lesson 22: Broken Bread, Poured Out Love

Key Takeaway

The Lord's Supper helps us remember Jesus' sacrifice and look forward to his return.

Scriptural Basis

Luke 22:7-20

Bible Verse

"For this is how God loved the world: He gave his one and only Son, so that everyone who believes in him will not perish but have eternal life." (John 3:16, NLT).

Learning Objectives:

- Children will understand that the Lord's Supper is a way to remember Jesus' sacrifice for us.
- Children will recognize that the bread and cup remind us of Jesus' body and blood.
- Children will be able to name one way they can live in hope of Jesus' return.

Materials Needed for Small Group:

- ☐ A Bible
- ☐ Name tags
- ☐ A snack per child

Activity: Picture Discussion

- ☐ Pictures, leaders family at dinner, family celebration, the Lord's Supper (printed or on phone)
- ☐ Printout 1

Option 1 Activity: Backpack Journey

- ☐ A backpack or tote bag
- ☐ Printout 2, items representing ways to prepare for Jesus' return:

Option 2 Activity: Create a Paper Suitcase

- ☐ Construction paper (brown or any color for the suitcase)
- ☐ Scissors
- ☐ Yarn or ribbon (for suitcase handle)
- ☐ Glue or tape
- ☐ Crayons, markers, or stickers
- ☐ Cut-out pictures or drawings of "items" to put in the suitcase (Bible, heart, flashlight, watch, hands, etc.)

Activity: Luggage Tag – Jesus is Coming!

- ☐ Index cards or cardstock cut into luggage tag shapes
- ☐ Hole punch
- ☐ Yarn, string, or ribbon
- ☐ Markers, crayons, or colored pencils
- ☐ Stickers (optional)
- ☐ Tape or laminating sheets (optional, for durability)

Materials Needed for Large Group:

- ☐ A Bible
- ☐ A table (real or imaginary) at the front.
- ☐ Cloth for a table covering.
- ☐ A loaf of bread (or crackers)
- ☐ Small cup (with juice or water).

Materials Needed for Games:

Game: Passover Relay

- ☐ 2 small baskets (or plates)
- ☐ 2 sets of items representing parts of the Passover meal (grapes for the cup, crackers for the bread, etc.)
- ☐ Space for running

Game: The Last Supper Freeze Dance

- ☐ Music player and upbeat worship music
- ☐ A list of Last Supper-related words (e.g., Bread, Cup, Give Thanks, Passover, Covenant)

Game: Communion Cup Stacking

- ☐ Small plastic cups (consider using small Communion cups)

Game: Pass the Bread

- ☐ A small loaf of bread or a piece of flatbread (could also be play bread or an item that represents bread)

Small Group Session 1

15 Minutes

Distribute name tags and snacks. Choose one of the following activities to do together while children eat their snack.

Share and Listen

Option 1

Ask the children to share their highs and lows (the best and worst things that happened to them either today or from the past week).

Option 2

Ask the children to take turns sharing how they are feeling today using the [“How Are You Feeling?” chart](#).

Pray Together

Collect prayer requests from the students. The leader or a student can pray for the entire group, or a leader can pair up students and invite them to pray for one another.

Opening Questions

- ***“If you could have one last meal with your best friends, what would you eat?”***
- ***“What makes a meal special? Is it the food, the people, or something else?”***
- ***“Can you think of a time you ate a meal that was really important or meaningful?”*** (Birthday or holiday)
- ***“What made it special?”***

Activity: Picture Discussion

Show the first picture: A family dinner (Christmas)

Ask:

- ***“Who do you think is in this picture?”***
- ***“Why do families eat together?”*** (To connect, celebrate, enjoy time)

Show the second picture: A birthday meal or celebration

Ask:

- ***“What do you see here?”***
- ***“How does your family celebrate someone’s birthday?”***
- ***“Why do people often celebrate birthdays with cake?”*** (To remember someone’s special day)
- ***“What happens if we don’t have a birthday party? Do we forget the person?”*** (No, but the party helps us celebrate and remember!)

Show the third picture: The Lord’s Supper (Printout 1)

Ask:

- ***“What is happening in this picture?”*** (Jesus and his followers are sharing a special meal together.)
- ***“Why do you think Jesus had this meal with his disciples?”*** (To celebrate and remember his love and the sacrifice he was going to make.)

“Jesus wanted to share a special moment with his closest friends but he didn’t have a phone or camera so he gave them a special picture to remember a special moment.

Today, we are going to hear the story of Jesus’ last meal with his followers before he was going to be killed on a cross for our sins. Jesus told his followers some interesting things about the food and drink. Let’s see what he said.”

Look up and read Luke 22:19-20.

- ***“What did Jesus say the bread and cup mean?”*** (His body and blood)

“Most followers of Jesus today still eat bread and drink wine or juice to remember his sacrifice on a regular basis. Often, we call this “The Lord’s Supper.”

- ***“Why do you think we still take the Lord’s Supper today?”*** (To remember Jesus and his sacrifice, because he commanded it)

“Just like a birthday meal reminds us of someone’s special day, the Lord’s Supper reminds us of Jesus’ great love for us.

But there’s something special about this meal—Jesus said he would eat it again when he comes back! That means we are not only remembering the past but also looking forward to the future.”

Ask:

- ***“How do you feel knowing Jesus is coming back?”***
- ***“How can we be ready for him?”***
- ***“How does the Lord’s Supper help us remember Jesus’ sacrifice?”***
 - ***“What does the bread represent?”***
 - ***“What does the wine represent?”***

“Today we are talking about Jesus and his disciples having a special meal together?”

- ***“Why do you think Jesus wanted to have a special meal?”***

Large Group

10-15 Minutes

Welcome the students to Crossroads and tell them you are glad they came this week.

Optional Starters

“Who is Jesus” call and response

Prayer Prompt: “God, I know you love me because...”

(Think about how God shows his love to you—like sending Jesus, always being with you, giving you family or friends, or caring for you when you feel sad.)

Opening Song: “I Believe” by Go Fish

Opening Prayer

Tell kids that closing their eyes and folding their hands together can help keep them focused and not distract those around them.

Opening Questions

- **“What are some ways we remember special moments in our lives?”**
(Examples: birthdays, holidays, trophies, family traditions, etc.)
- **“Why do we celebrate holidays or special events every year?”** (To remember important things, to be with family, to celebrate.)
- **“Why do families eat meals together for celebrations?”** (To connect, to celebrate, to enjoy time together.)

“We remember special things in many different ways—by celebrating birthdays, keeping souvenirs, or even having special meals with family.”

On the night before Jesus was arrested and sent to the cross, he sat down with his disciples for a meal. It was the last meal he would share with his disciples before giving his life for us.

Let’s step into the story and see what happened at the Lord’s Supper.”

The Story: The Night of the Last Supper

Objective: Engage children in an interactive retelling of the Last Supper that helps them see, hear, and experience what happened that night.

Helpful Hint: Encourage participation! Use props, actions, and repetition to make the story come alive.

Stage the Scene:

Set up a simple “table” (real or imaginary) at the front.

Use a cloth as a table covering.

Place a loaf of bread (or crackers) and a small cup (with juice or water).

(Optional) Nice plastic plates or real

(Optional) Candle (don't light)

Invite the kids into the story:

"Today, we are going to pretend like we went back in time! Imagine you are one of Jesus' disciples. You've followed him, seen his miracles, and now, he has invited you to a special dinner."

The Story Begins (Luke 22:7-13) – Preparing the Meal

Choose Two Volunteers (to be Peter & John)

Leader: "Jesus sent two of His disciples ahead to get everything ready. They were named Peter and John. Let's say their names together!" (Kids repeat: "Peter and John!")

Peter & John pretend to "walk" to Jerusalem.

Leader: "Jesus told them, 'Look for a man carrying a jar of water. Follow him to the house and ask the owner, 'Where is the room for our special meal?'"

Peter & John "find" the man (point to an imaginary person).

The owner (leader or another volunteer) nods and points to a "room" (a chair or designated area).

Leader: "Everything happened just as Jesus said. The room was ready!"

- ***"Have you ever prepared for a special dinner at home? What do you do to get ready?"*** (Take 1-2 quick responses.)

The Meal Begins (Luke 22:14-18) – A Meal with Meaning

Jesus Sits with His Disciples (Invite 3-4 kids to sit at the "table")

Leader: "That evening, Jesus and His disciples gathered. They didn't know it yet, but this would be their last meal together before Jesus went to the cross."

Jesus (Leader) looks at the group and says:

"I have been waiting for this meal with you." (Say it slowly, with meaning.)

"But this will be the last time I eat with you until God's kingdom comes."

Jesus Lifts the Cup

Leader holds up the cup:

"Jesus took a cup, gave thanks, and said, 'Take this and share it with each other. I will not drink this again until God's kingdom comes.'"

- ***"Why do you think Jesus wanted to have this meal before He went to the cross?"*** (Take 1-2 responses.)

The Bread & The Cup (Luke 22:19-20) – A New Covenant

Jesus Breaks the Bread

Leader takes the bread, breaks it, and says:

“This is My body, given for you. Do this to remember Me.” (Say it slowly, and have kids repeat **“Remember Me.”**)

Jesus Lifts the Cup Again

Leader holds the cup up again and says:

“This cup is the new promise between God and His people. My blood will be poured out for you.”

Pause for a Moment

Leader: ***“The disciples must have been confused. Jesus was talking about His body and blood—but they were eating bread and drinking from a cup! What did Jesus mean?”***

Wrap-Up: Why Does This Matter?

- ***“Why did Jesus give us this special meal?”*** (To remember him!)
- ***“What does the bread remind us of?”*** (Jesus’ body, given for us.)
- ***“What does the cup remind us of?”*** (Jesus’ blood, the new promise with God.)
- ***“Will we have another meal with Jesus someday?”*** (YES! Jesus promised we would eat with him again in his kingdom!)

“The Lord’s Supper isn’t just about remembering the past—it’s also about looking forward to the future! Jesus is coming back, and when he does, we will celebrate with him again.”

Close in Prayer

Small Group Session 2

20-25 Minutes

Share the Key Takeaway: The Lord's Supper helps us remember Jesus' sacrifice and look forward to his return.

"Jesus shared a special meal with his disciples before giving his life for us, but he was also preparing for his return one day."

The Lord's Supper is a reminder of what Jesus did in the past and a way for us to remember his sacrifice.

In Luke 22:16, Jesus said he would share a meal again when the Kingdom of God comes. His journey led him to the cross, and as we go through life, we can prepare for the day he returns."

Option 1 Activity: Backpack Journey

Materials Needed:

- ☐ A backpack or tote bag
- ☐ Small items (or pictures of items, Printout 2) representing ways to prepare for Jesus' return:
 - Bible (learning and following God's Word)
 - Valentine's card (loving God and others)
 - Flashlight (being the Light and sharing the Gospel)
 - Watch (patiently waiting for Jesus)
 - Hands (cutout or gloves) (serving others)

Place all the items in the backpack. If using the printed pictures, (Printout2) cut each picture out and place it in the backpack or bag prior to club.

Have students take turns reaching in and pulling out an item.

After a student picks an item, ask:

- ***"How does this help us prepare for Jesus' return?"***

Discuss the meaning of each item as a group.

"Just like packing for a trip, we prepare for Jesus' return by loving, serving, sharing the Gospel, and staying faithful to what God has told us to do."

Option 2: Create a Paper Suitcase

Materials Needed:

- ☐ Construction paper (brown or any color for the suitcase)
- ☐ Scissors
- ☐ Yarn or ribbon (for suitcase handle)
- ☐ Glue or tape
- ☐ Crayons, markers, or stickers

- ☐ Cut-out pictures or drawings of “items” to put in the suitcase (Bible, heart, flashlight, watch, hands, etc.)

Instructions:

Fold a piece of construction paper in half like a book.

Using scissors, taper the edges slightly to create a rounded suitcase shape.

Use yarn or ribbon to create a handle, attaching it to the top with tape or glue.

Pack the Suitcase:

- Give students cutouts or let them draw and color their own “items” to place inside the suitcase.
- Encourage them to choose items that represent ways to prepare for Jesus’ return (Bible, love, light, patience, service).
- As they add each item, discuss how it helps them follow Jesus and be ready for his return.

- **“Are you living like someone who trusts and loves Jesus?”**

Remind students that every day is a chance to prepare by living like Jesus.

Encourage them to take their suitcase home as a reminder to keep “packing” their lives with faith, love, and good works.

Activity: Luggage Tag – Jesus is Coming!

Objective: Kids will create a luggage tag as a reminder that Jesus is coming back and that they should be ready for his return.

Materials Needed:

- ☐ Index cards or cardstock cut into luggage tag shapes
- ☐ Hole punch
- ☐ Yarn, string, or ribbon
- ☐ Markers, crayons, or colored pencils
- ☐ Stickers (optional)
- ☐ Tape or laminating sheets (optional, for durability)

Instructions:

Give each child a luggage tag-shaped card stock or index card.

Have kids write “Jesus is Coming!” at the top.

Below that, they should write their name and then add “KOG” (which stands for Kingdom of God) as a reminder that they are part of God’s family.

Encourage kids to decorate their tags with drawings, stickers, or borders to make them unique.

Use a hole punch at the top of the tag.

Thread a piece of yarn, ribbon, or string through the hole and tie it to create a loop.

As they work, ask:

- **“Why do people use luggage tags?”** (To show who the bag belongs to, to keep it safe.)

- ***“How is following Jesus like being on a journey?”*** (We are waiting for him and preparing for His return.)
- ***“How can we be ready for Jesus?”*** (Loving others, obeying him, sharing the Gospel, etc.)

Encourage kids to hang their luggage tag on a backpack, Bible, or doorknob at home as a reminder that Jesus is coming back!

Going Deeper

- ***“Why do you think Jesus chose a meal to help his disciples (and us) remember him?”***
- ***“What does the bread represent? What does the cup represent?”*** (Luke 22:19-20)
- ***“How do you feel knowing that Jesus gave his life for you? How does that change the way you live?”***
- ***“Jesus told his disciples to “do this in remembrance of me.” What are some ways we can remember Jesus in our daily lives?”***
- ***“If Jesus came back today, do you think you’d be ready? Why or why not?”***
- ***“What do you think it means to “prepare” for Jesus’ return? Is it just about what we do, or also about how we live?”***
- ***“If you knew Jesus was coming back next week, what would you do differently?”***

Ending Together

5-10 Minutes

“Jesus wants us to remember him and be ready for his return! We remember Jesus through the Lord’s Supper and prepare for his return by how we live.”

Younger Kids

- At home: Thank Jesus for loving you and remember him by praying before meals.
- At school: Be kind to friends and help others, just like Jesus served his disciples.
- At church: Pay attention during communion (if they see it) and ask a leader what it means.

Older Kids

- At home: Read Luke 22:19-20 and think about what Jesus’ sacrifice means to you.
- At school: Be a light to others by showing patience, kindness, and standing up for what’s right.
- At church: If you’ve seen the Lord’s Supper, ask a leader or parent what it means and how it connects to Jesus’ return.

Response and Reflection

Print out the Bible verse.

Practice the Bible verse for this unit (John 3:16). Take a look at the [Memory Verse](#) [Game Ideas](#).

Pray with the students and dismiss them.

Close in Prayer

Games

25 Minutes

Game: Passover Relay

Materials Needed:

- ☐ 2 small baskets (or plates)
- ☐ 2 sets of items representing parts of the Passover meal (grapes for the cup, crackers for the bread, etc.)
- ☐ Space for running

How to Play:

- Divide the class into two teams. Place the baskets at one end of the room and have the teams line up at the other.
- One by one, kids must run to the basket, pick up an item, and bring it back to their team, pretending they are preparing the Passover meal.
- The first team to collect all the items wins!

Connection: Talk about how Peter and John prepared the meal for Jesus and the disciples, and how it was an important tradition to remember what Jesus has done.

Game: The Last Supper Freeze Dance

Materials Needed:

- ☐ Music player and upbeat worship music
- ☐ A list of Last Supper-related words (e.g., Bread, Cup, Give Thanks, Passover, Covenant)

How to Play:

- Play the music while kids dance.
- Pause the music and call out a word (e.g., "Bread!").
- Kids must freeze and do the corresponding motion from the story (e.g., pretend to break bread).
- If they don't freeze correctly, they sit out for one round.

Connection: Talk about how each word connects to Jesus' sacrifice and why we remember it through Communion.

Game: Communion Cup Stacking

Materials Needed:

- ☐ Small plastic cups (consider using small Communion cups)

How to Play:

- Split into 2 or more teams depending on the size of your group. Have teams work together to stack cups into the tallest tower possible in 2 minutes.
- The catch: they must use only one hand! (Symbolizing working together like Jesus and his disciples)

Connection: Talk about how Jesus' disciples worked together to spread his message after the Last Supper, and how we also remember and share what he did.

Game: Pass the Bread

Materials Needed:

- ☐ A small loaf of bread or a piece of flatbread (could also be play bread or an item that represents bread)

How to Play:

- Have kids sit in a circle. If you have a large group, create several circles. Play music while they pass the bread around.
- When the music stops, the person holding the bread must say one thing they remember from the story.
- Continue until everyone has had a turn.

Connection: Talk about how Jesus broke the bread and shared it with his disciples, and how we remember this through Communion.

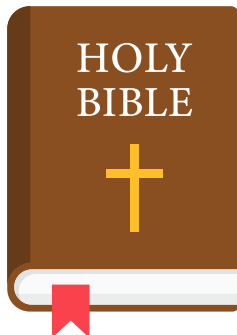
Printout 22.1

THE LORD'S SUPPER



Printout 22.2

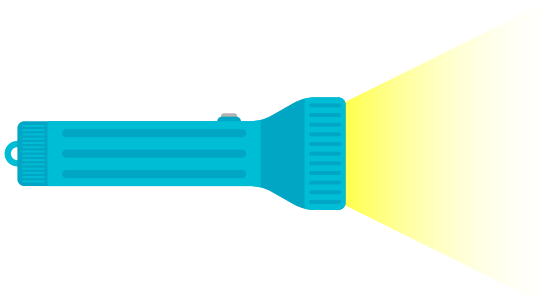
BACKPACK JOURNEY



Learning and following God's Word



Loving God and loving others



Being the Light and sharing the Gospel



Patiently waiting for Jesus



Serving others