



THE LAST SUPPER

THE UPPER ROOM



Hello Explorers! My name is Zach and I am your faithful guide for your adventure today. Traveling and exploring can be hard work! It really builds up quite an appetite. Today we will explore how Jesus gave us food that will give us strength for the journey of our life. He will give to his Apostles and to us, the Bread of Life, and whoever eats this bread will have eternal life with God in heaven. Jesus gives us the gift of this spiritual food which is love for the whole world!

A good explorer pays close attention, there is always something new to discover. Let's explore!

PRACTICE YOUR PRAYERS

Let's get our Prayer Guide and practice our prayers! Let's start with the Sign of the Cross and Grace before meals. Then we can pick other prayers to practice.

Grace Before Meals

Bless us, O Lord,
And these thy gifts,
Which we are about to receive,
From thy bounty
Through Christ our Lord, Amen.

Jesus knew that his time on earth was almost up. He knew that He would soon need to return to His Father in heaven. Before he had to do all of those things, he wanted to give his Church a very special gift! This is the gift of Holy Communion. It is the special blessed bread and wine that allows Jesus to be truly present to all of us, even today. This is why we go to Church, to listen to stories about Jesus, and to be close to Him in Holy Communion (even if you're not ready to eat it yet). We can be excited about that special day and we can see how we celebrate that day with fancy clothes and family gatherings!

THE LAST SUPPER

All of the Apostles gathered in the upper room to eat the Last Supper. While they were eating, Jesus took bread, said the blessing, broke it, and giving it to his disciples said,

"Take and eat; this is my body."

Then he took a cup, gave thanks, and gave it to them, saying,

"Drink from it, all of you, for this is my blood, which will be shed on behalf of many for the forgiveness of sins."

Then, after singing a hymn, they went out to the Mount of Olives.



SHARE YOUR IDEAS

Holy Communion brings God's love close to us. When Jesus had the Last Supper, he told us it was so that our sins could be forgiven. We can't have eternal life with God if our sins are not forgiven, so Jesus offers us forgiveness. Then we can eat the Bread of Life that he gave to the Apostles and the Church at the Last Supper. What a joy it is to come to Jesus' table!



1. Imagine what Thanksgiving is like. What do you remember about Thanksgiving?
2. Who visits and shares the meal with you on Thanksgiving?
3. Every time we go to church, it is like a spiritual Thanksgiving. We thank God for all the good things He has done for us, for all the love God has given us. What are some things you are thankful that God did for you?
4. What can you do today for Jesus so that someone else will be thankful? What nice thing can you do for your family?
5. If you were having a big party, who would you invite to come?

SPECIAL PROJECT

It is time to complete our special project for the day and then we can collect our Hope Gem by checking it off on our Adventure Map. Find the special project with the number 7 label and follow the instructions inside! Great job Explorer!