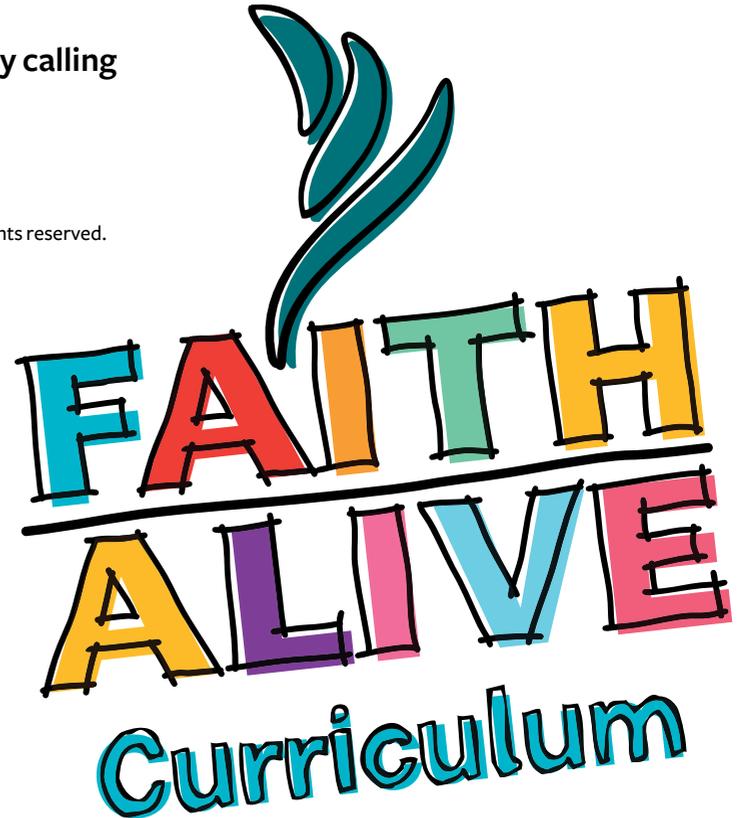


# Sample

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▶ Tell the Story. Live the Story.

Dear Family,

During the next four weeks our group will be talking about many of the things we do together as God's family—worship, baptism, the Lord's Supper—and why being part of the church is so important. During these four weeks young people will also be challenged to think about the importance of making their faith public (if they haven't done so already) and joining in the work of God's family on earth. Please pray for our discussions and for the working of the Spirit in the heart of each member of our group. And if you have questions or would like to help out in our group, please let me know!

Sincerely,

Dear Family,

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Sincerely,

# Memory Challenge

Praise the LORD.

Praise God in his sanctuary; praise him in his mighty heavens.

Praise him for his acts of power; praise him for his surpassing greatness.

Praise him with the sounding of the trumpet,

praise him with the harp and lyre,

praise him with timbrel and dancing,

praise him with the strings and pipe,

praise him with the clash of cymbals,

praise him with resounding cymbals.

Let everything that has breath praise the LORD.

Praise the LORD.

—Psalm 150, TNIV

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# Memory Challenge

Praise the LORD!

Praise God in his sanctuary; praise him in his mighty firmament!

Praise him for his mighty deeds; praise him according to his surpassing greatness!

Praise him with trumpet sound; praise him with lute and harp!

Praise him with tambourine and dance; praise him with strings and pipe!

Praise him with clanging cymbals; praise him with loud clashing cymbals!

Let everything that breathes praise the LORD!

Praise the LORD!

—Psalm 150, NRSV

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# Memory Challenge

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# Benefits of the Lord's Supper

Cut apart a copy of this page to use in step 2.

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## One way the Lord's Supper helps us

The Lord's Supper helps us **remember** that Christ died for us.

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## One way the Lord's Supper helps us

The Lord's Supper reminds us that all our **sins are forgiven** because of Christ's death.

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## One way the Lord's Supper helps us

The Lord's Supper brings us closer to Christ. We feel **his presence in our lives**, and we even **have a part in his death and resurrection**.

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## One way the Lord's Supper helps us

The Lord's Supper brings us **closer to our fellow Christians**.

---

## One way the Lord's Supper helps us

Through the presence of the Spirit, Christ uses the Lord's Supper to **strengthen and nourish** our spiritual lives.

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# Who Says?

Cut apart a copy of this page for use in step 2 of session 4.

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## Who Says?

On the night the Lord Jesus was handed over to his enemies, he took bread. When he had given thanks, he broke it. He said, "This is my body. It is given for you. Every time you eat it, do it in **memory** of me." In the same way, after supper he took the cup. He said, "This cup is the new covenant in my blood. Every time you drink it, do it in **memory** of me." When you eat the bread and drink the cup, you are announcing the Lord's death until he comes again.

—1 Corinthians 11:23-26, NIV

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## Who Says?

While they were eating, Jesus took bread. He gave thanks and broke it. He handed it to his disciples and said, "Take this and eat it. This is my body." Then he took the cup. He gave thanks and handed it to them. He said, "All of you drink from it. This is my blood of the new covenant. It is poured out to **forgive the sins** of many.

—Matthew 26:26-28, NIV

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## Who Says?

Jesus said to them, "I tell you the truth, unless you eat the flesh of the Son of Man and drink his blood, you have no life in you. Whoever eats my flesh and drinks my blood has eternal life, and I will **raise him up** at the last day. For my flesh is real food and my blood is real drink. Whoever eats my flesh and drinks my blood **remains in me, and I in him.**

—John 6:53-56, NIV

In the supper our Lord offers the bread and cup to believers to guarantee **our share in his death and resurrection**, and to **unite us to him.**

—from *Our World Belongs to God*, stanza 40

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## Who Says?

When we bless the cup at the Lord's Table, aren't we sharing in the benefits of the blood of Christ? And when we break the loaf of bread, aren't we sharing in the benefits of the body of Christ? And we all eat from one loaf, showing that **we are one body.**

—1 Corinthians 10:16-17, New Living Translation

In the supper our Lord offers the bread and cup to believers . . . to **unite us to him and to each other.**

—from *Our World Belongs to God*, stanza 40

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### Who Says?

[Jesus said,] "I am the living bread that came down from heaven. Everyone who eats some of this bread will live forever. The bread is my body. I will give it for the life of the world."

—John 6:51, NIRV

Christ has good reason for these words.  
He wants to teach us that  
as bread and wine nourish our temporal life,  
so too his crucified body and poured-out blood  
truly **nourish our souls** for eternal life.

—from Heidelberg Catechism, Q&A 79

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