

Bread and Cup

For teens ages 12–14 · about 45–60 minutes · Buried & Raised · game **Bread and Cup** · built on 1 Corinthians 11:23–26, Luke 22:19, and John 6:53–54

Communion Sunday can feel mysterious — quiet music, small cups, adults-only seriousness. Some teens treat the table like a snack break; others avoid it from fear of doing something wrong. Baptism candidates especially need to know what the bread and cup **mean**: not magic, not a free pass, but sacred remembrance of Christ’s body and blood given for us. This session teaches reverence, self-examination, and grace at the Lord’s Supper for believers who examine their hearts.

Before you teach anything, pray.

Some students carry guilt they have never brought to God before taking communion. Others think the elements save them. Ask the Spirit for sober joy — remembrance that leads to repentance and gratitude, not dread or casualness.

The heart of the lesson

On the night He was betrayed, Jesus took bread and cup and said, “**Do this in remembrance of me**” (Luke 22:19; 1 Corinthians 11:24–25). Paul delivered the tradition: as often as you eat and drink, you proclaim the Lord’s death until He comes (1 Corinthians 11:26). The table remembers the **cost** — body broken, blood poured — and receives the **grace** purchased there.

Remember the cost. Receive the grace.

The root issue is treating communion as routine or terrifying instead of covenant remembrance. Symptoms include taking while harboring unrepentant sin, skipping because of shame without confession, or treating crackers like a holy vending machine. God’s way out is self-examination (1 Corinthians 11:28), confession, reconciliation where possible, then partake with sober joy. Jesus’ words in John 6 point to life found in Him — the table draws us to the Person, not mere symbols alone.

Examine your heart. Then come to the table.

Teens need plain language: who should partake (believers), how to prepare (quiet check with God), what not to do (rush, joke, hold grudges unaddressed). Reverence is not fear of God rejecting you for one mistake — it is honoring what the cup represents.

1 CORINTHIANS 11:23-26

“For I received from the Lord what I also passed on to you... do this, whenever you drink it, in remembrance of me... you proclaim the Lord’s death until he comes.”

LUKE 22:19

“This is my body given for you; do this in **remembrance** of me.”

How the session flows

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| 1 | Last Supper picture. Hook on remembrance and Luke 22:19. | ~8 min |
| 2 | Sacred table. 1 Corinthians 11, self-examination, who partakes. | ~12 min |
| 3 | Play the game. “Bread and Cup” on screen. | ~12–15 min |
| 4 | Quiet honesty. Reference card, private reflection. | ~5 min |
| 5 | Worksheet. In class or take-home reinforcement. | ~15 min |
| 6 | Ready for the table. Confession, gratitude, prayer. | ~8 min |

Screen for the game, printed cards and worksheets, pens. Optional: show communion elements visually without distributing unless your church context includes a planned observance with leadership approval.

Leading it, part by part

Last Supper picture

Read Luke 22:19 in plain language. Jesus knew the cross was hours away. He gave bread and cup so followers would **remember** — not forget the price of their forgiveness. Ask: what do you think about when your church serves communion?

Sacred table

Teach 1 Corinthians 11:23–28: tradition from Jesus, proclaim His death, examine yourself. Believers partake; the table is for those in Christ who come repentant and reverent. Address myths: communion does not save you; taking casually before you have trusted Christ and been baptized is out of order; holding bitterness while taking is dangerous to the soul (Matthew 5:23–24 connects to heart preparation).

Contrast worldly casualness (jokes, phones, unexamined heart) with godly reverence (quiet, confession, gratitude). John 6:53–54 — Jesus points to life in Him; the table points to His body and blood, not ordinary snack time.

Play the game

Run “Bread and Cup” on screen. Round 1 sorts casual habits from sacred remembrance. Round 2 drills 1 Corinthians 11 and Luke 22. Round 3 puts teens at the table — grudges, guilt, pressure to partake. Round 4 lightning. Twelve to fifteen minutes. Afterward, bridge: remember the cost, receive the grace.

Quiet honesty

Hand out the reference card. Nobody collects it. Five minutes, private. Students name guilt, confusion, or hunger for the table to mean more. Honor the silence.

Worksheet

The worksheet is structured learning — fill-in, true/false, lookup, one real-life answer. It reinforces 1 Corinthians 11 and Luke 22 without duplicating the private card. Use in pairs if energy is high; send home if time is short.

Ready for the table

Invite quiet confession to God. Offer leaders for students unsure if they should partake yet. Pray: remember the cost, receive the grace. Challenge: before next communion Sunday, examine heart

and reconcile where you can.

Take it further

- What does “in remembrance of me” mean in Luke 22:19?
- What does 1 Corinthians 11:26 say we proclaim when we partake?
- What is self-examination before communion (1 Corinthians 11:28)?
- Who should take the Lord’s Supper, and why?
- What is the difference between reverence and fear at the table?
- How does unrepentant sin affect communion (1 Corinthians 11:27–29)?
- What would examining your heart look like this week?
- How does remembering the cost change how you receive grace?

A final word

Do not make communion spooky, and do not make it casual. Present the Savior who gave body and blood, the church that remembers until He comes, and the examined heart that receives grace. Give them Scripture, the game, the card, and space to confess. Somewhere in your room a teenager is ready to stop treating the table as routine and start meeting Christ there. Remember the cost. Receive the grace.