

How This Works

The Process for Parents/Guardians/Faith Mentors

1. Determine when it is time for your child to prepare for First Communion. There is no set age when this may happen. We all proceed on our own schedule.
2. Take time to pray and ask God for guidance and knowledge along this journey.
3. Review the standard materials and determine if additional information and/or guidance is needed.
4. Speak with the pastor, letting them know you are beginning to prepare your child for First Communion. Request additional information if needed for your own clarification, as you should understand the Sacrament of Holy Communion yourself.
5. Work through the materials with your child. You may ask for help or additional information at anytime during the teaching process. All children are different, and you may be surprised by the questions or connections that are made. Truly listen and seek to understand what your child is asking. If you don't know the answer to a question, an appropriate answer is, "I'm not sure, let me find out."
6. Upon completion of the materials, schedule an interview with the pastor so that the pastor may determine if your child is ready to take First Communion.
7. In Lutheran tradition, baptism was required for first communion and may be scheduled prior to communion.

Communion at Salem Hetzel's Church is
OPEN to everyone.

If you would like to know more about
Holy Communion, or if you are
interested in being baptized, please talk
to the pastor.

Salem Hetzel's Church
261 Hetzel's Church Road
Pine Grove, PA 17963
salemhetzels.org

MY FIRST HOLY COMMUNION



HEAR THE GOOD NEWS!

In the beginning, God made everything perfect. The first humans, Adam and Eve, disobeyed God, and their sin broke God's perfect world. Sin spread through the world and separated humans from God.

All humans sin, or do wrong things. We all say, do, and think things that displease God and break his commands in the Bible. The punishment for sin is death and being separated from God forever.

But God loves us too much to let that happen. He wants to have a close relationship with us, so he sent his son Jesus to make a way for us to live forever with God in heaven.

Jesus allowed himself to be punished for our sins by dying on the cross. Then he rose from the dead, which broke the power of sin and death.

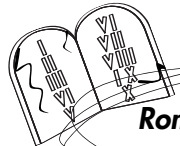
This miracle is an example of God's grace. By trusting in Jesus, our relationship with God is repaired and we can receive the free gift of eternal life. If we have faith in Jesus Christ, when our earthly bodies die, our souls will live forever with God in heaven.

Once you receive the free gift of salvation (by God's grace alone), the Holy Spirit will always be with you, guiding you to do the right things.

John 14:26



Genesis 3:1-24



Romans 5:12-19



John 3:16-17

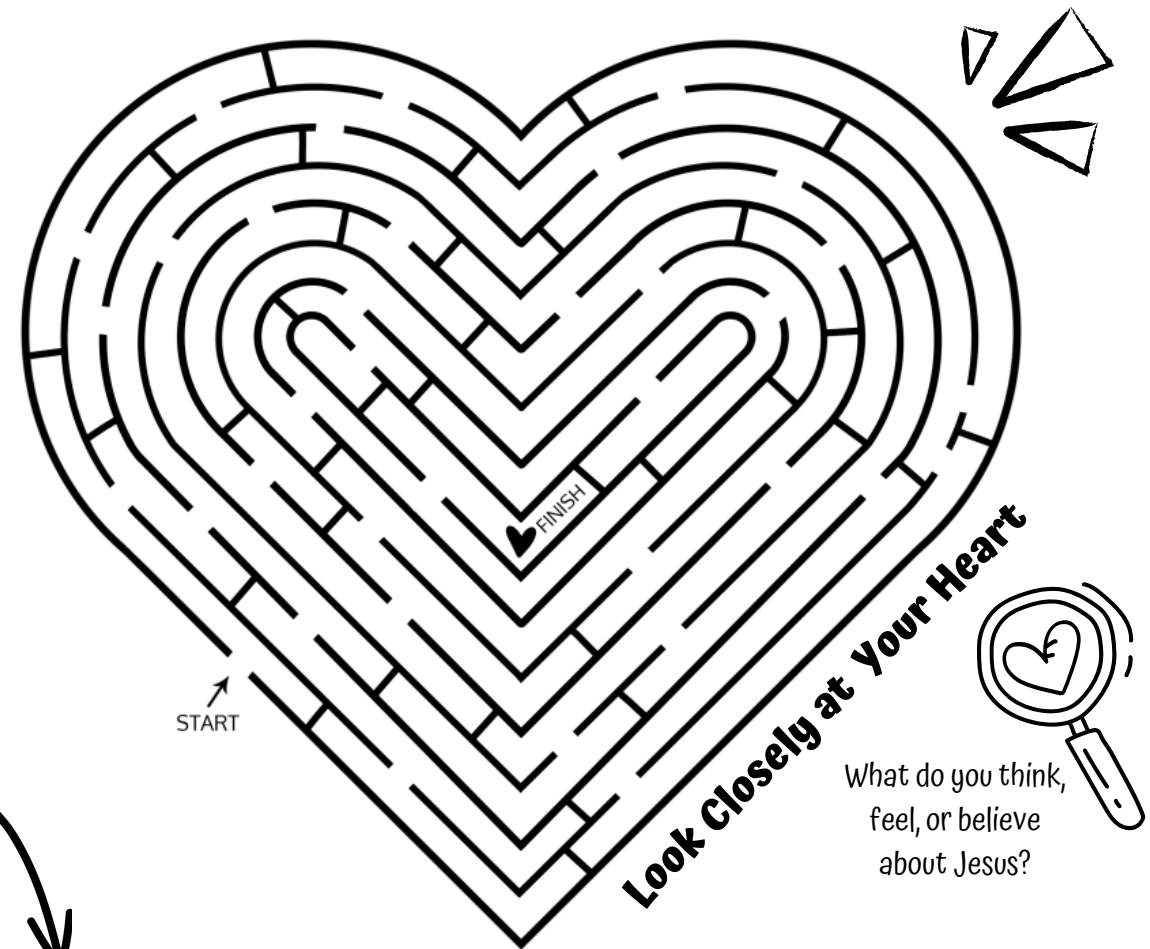


1 Corinthians 15:3-4



Ephesians 2:8-9

Grace is God's unconditional love that cannot be earned or deserved, but is rather freely given. God loves you forever and always, no matter what!



What do you think, feel, or believe about Jesus?

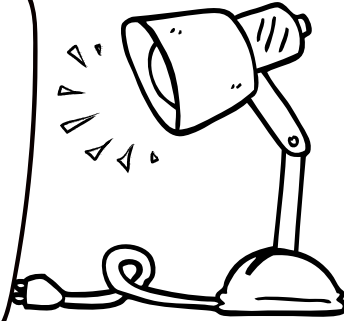
Salvation means being saved from sin and death. We are saved when we believe in Jesus Christ.

For it is by grace you have been saved, through faith--and this is not from yourselves, it is the gift of God.

Ephesians 2:8

**ALL ARE WELCOME AT GOD'S TABLE!
BY FAITH, WE RECEIVE THE FREE GIFT OF FORGIVENESS AND ETERNAL LIFE THROUGH JESUS CHRIST.**

BEING READY TO RECEIVE HOLY COMMUNION



Bible Verse

What It Means

<p>Everyone ought to examine themselves before they eat of the bread and drink from the cup. <i>1 Corinthians 11:28</i></p>	<p>Before you receive the Lord's Supper, you must look closely at your life and pay attention to what you think, feel and believe.</p>
<p>He himself bore our sin in his body on the tree, that we might die to sin and live to righteousness. By his wounds you have been healed. <i>1 Peter 2:24</i></p>	<p>Remember the cost of your <i>salvation</i>. Jesus, who never sinned, took the punishment for your sins, so that you could be forgiven.</p>
<p>If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness. <i>1 John 1:9</i></p>	<p>Ask God to forgive you for any wrong things you have done, said, or thought. God will forgive you and give you a clean heart.</p>
<p>Thanks be to God for his indescribable gift! <i>2 Corinthians 9:15</i></p>	<p>With a truly grateful heart, say thank you to God for his wonderful gift of forgiveness and salvation.</p>

What does God's Word tell us to do?

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For God so loved the world that He gave His one and only Son that whoever BELIEVES in Him shall not perish but have ETERNAL LIFE.

John 3:16

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THE LAST SUPPER

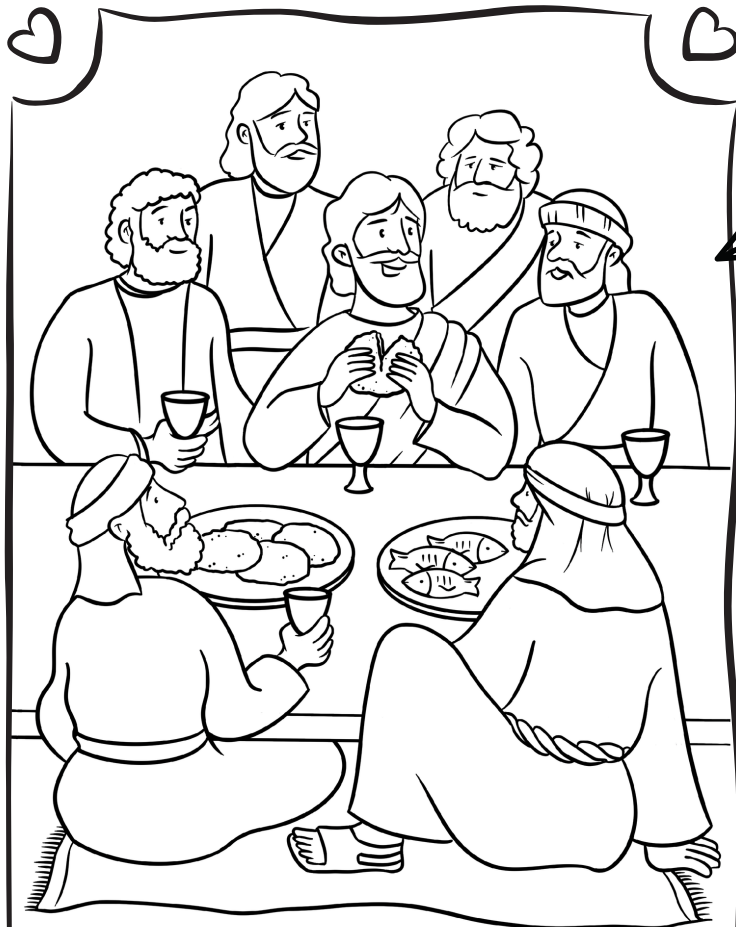
In the land where Jesus lived, eating with someone was a way of saying "I love you. You matter to me."

Jesus ate with everyone.

Before Jesus died on the cross, he ate a very special meal with his disciples.

Jesus gave thanks to God and broke the bread. Then he said to his friends, "Take and eat, for this is my body which is given for you."

Then Jesus gave them wine and said "Drink, for this is my blood which is shed for you. Do this as often as you would remember me."



Matthew 26:17-29

Mark 14:12-25

Luke 22: 7-38

1 Corinthians 11:23-29

Find the Bible story here!

UNITED IN CHRIST

One Body, One Spirit



Taking Holy Communion connects us to Jesus Christ and to our fellow Christians on a deep spiritual level. We become One Body, which is another term for The Christian Church, where all members support each other in a loving community.



"The word "communion" means the sharing of deep thoughts and feelings, especially at a mental or spiritual level. "

Read about the special unity among Christ and The Church in these Bible passages.

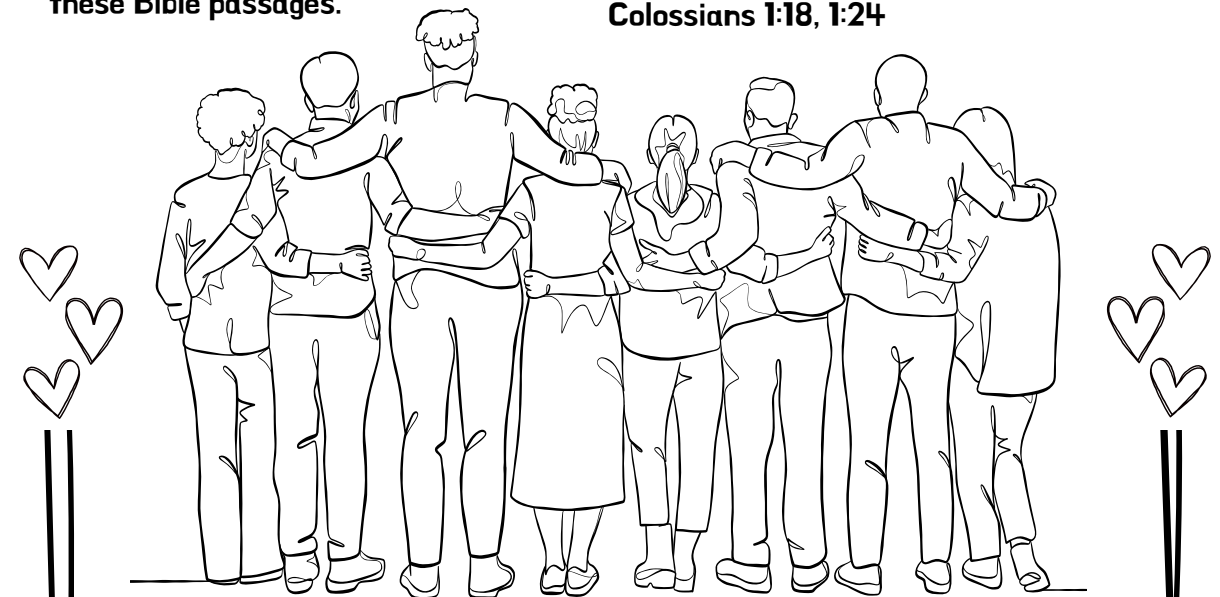


Romans 12:5

1 Corinthians 12:12-27

Ephesians 2:18-22, 3:6, 4:15-16

Colossians 1:18, 1:24



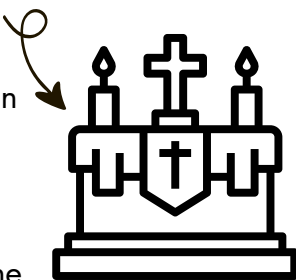
Think About It:

When we have the Lord's Supper, we are eating with Jesus and the other members of our church. Why is that important to remember?

THE LORD'S TABLE

Communion with Our Church

The **altar** is the table at the front of the church that holds the communion elements. An altar is a visual reminder of Old Testament sacrifice and of Christ's sacrifice on the cross.



- **Gather:** The elements are gathered and set up on the altar.
- **Consecrate:** The pastor says a special blessing over the elements to make them sacred, or holy, like God.
- **Invite:** The congregation is invited to partake in Holy Communion together.
- **Pray:** We ask God for guidance and forgiveness and offer praise and thanks.
- **Distribute and Partake:** We share and eat the bread and drink the wine.
- **Bless:** The pastor says a blessing over members of the congregation.

What are the Communion Elements?

- ~ The *body of Christ* may be any type of bread, wafer, or cracker.
- ~ The *blood of Christ* may be any type of wine or juice made from grapes (Luke 22:18).



Make Communion Bread for Our Church!

Ingredients

- 2 cups whole wheat flour
- 1 cup white flour
- 1 1/4 tsp baking powder
- 1 1/4 tsp salt
- 4 tsp oil
- 3/4 cup + 2 TBSP hot water
- 3 TBSP honey
- 3 TBSP molasses

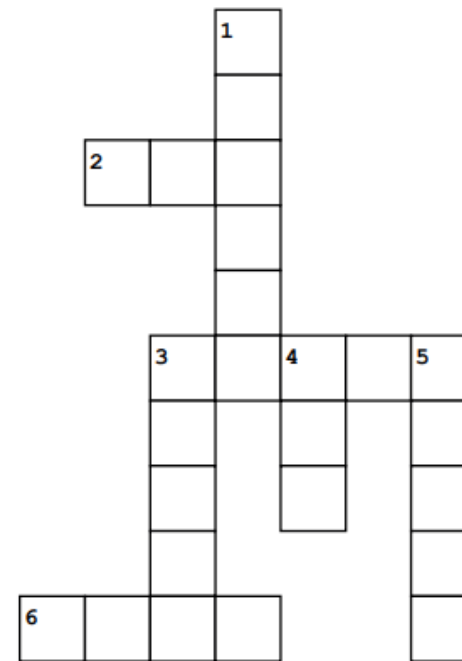
Method

1. Preheat oven to 350 degrees Fahrenheit.
2. Sift dry ingredients together three times.
3. Stir in oil
4. In separate bowl mix wet ingredients together until dissolved.
5. Add wet ingredients to dry ingredients and mix well. Dough should be sticky. Do not knead.
6. Divide dough into four balls and flatten each into a 1/4 inch thick disk.
7. With knife, score top of each disk into eight pie-shaped sections.
8. Lay the loaves on a baking sheet and bake for 10 minutes.
9. Remove from the oven and brush the tops of the loaves with oil. Bake an additional 5-8 minutes. Let cool, then enjoy!



"Do This As Often As You Would Remember Me."

A **disciple** is a student or follower of Christ. During Jesus's life, he had twelve close disciples known as The Apostles.



KEY

- DRINK
- EAT
- BLOOD
- SUPPER
- BODY
- BREAD
- CUP

Across

- 2. a small open container used for drinking
- 3. food made from dough of flour
- 6. the whole physical structure that forms a person

Down

- 1. evening meal
- 3. red fluid that is pumped by the heart
- 4. to put food into the mouth, chew it, and swallow it
- 5. to take liquid into the mouth and swallow it

Love Like Jesus John 13:34-35

After the Last Supper, Jesus told his disciples, "Love one another, as I have loved you." What are some ways you could show God's love to others?

THE SACRAMENT OF HOLY COMMUNION

Also known as the **Eucharist**, which means thanksgiving in Greek.

A **sacrament** is something Jesus commanded us to do. Through our human senses, we experience an invisible act of God's grace.

What We See, Touch, Smell, Taste:

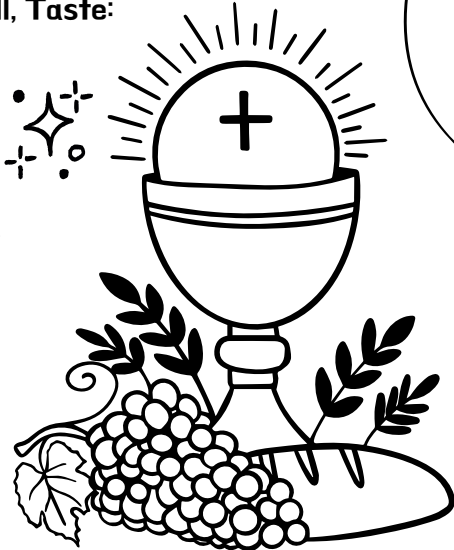
Eating bread
Drinking wine or juice

What it Means:

The bread is Christ's body.
The wine is Christ's blood.
Eating and drinking shows our faith in God's promise of salvation.

Salvation Through Christ

Because he loves us, Jesus allowed his body to be punished for our sins. He died, broken and bleeding, so that we may live. When we eat the bread and drink the wine/juice, we believe this: Jesus freely gave his body and blood for us, so that our sins may be forgiven and we may live with God forever.



REMEMBER
Grace is God's gift of unconditional love.
God loves you forever and always, no matter what!

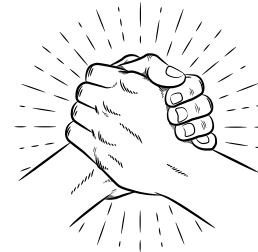
"THIS CUP IS THE NEW COVENANT IN MY BLOOD, WHICH IS GIVEN AND SHED FOR YOU FOR THE FORGIVENESS OF SINS. DO THIS, AS OFTEN AS YOU DRINK IT, IN REMEMBRANCE OF ME."

1 CORINTHIANS 11:25

A	R	O	S	O	T	M	T	V	L	F	I	E	E
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CHRIST
BLOOD
FORGIVENESS
SACRAMENT
WINE
BODY
COVENANT
GRACE
SINS
SALVATION
BREAD
FOREVER
LOVE

A **covenant** is a promise, or an agreement, that God makes with his people.



With these words, "**Given and shed for you for the forgiveness of sins,**" God promises that, when we believe that Jesus gave his life for the forgiveness of our sins, we are forgiven.

CHECK YOUR UNDERSTANDING

What do the cup of wine and the broken bread stand for in Holy Communion?
What is God's promise in the New Covenant?