

## LESSON 5

### **Sacred Stuff: The Sacraments**

**GOAL/PURPOSE:** To find out what the word “sacrament” means, learn what the sacraments are in the Methodist Church, and understand why they are important to our lives today as Christians.

*\*Begin the class with prayer.*

*\*Offer a quick review of last week’s lesson or the material so far.*

#### **ACTIVITY:**

Divide your class into teams of two or three. Give each team four or five sheets of paper, a pair of scissors, and a roll of tape. Their task is to form a chain of paper links by cutting the paper into strips, linking them and taping them closed. At the end of your time limit (2 or 3 minutes) the team with the longest chain wins.

**MATERIALS NEEDED:** paper, scissors, rolls of tape

#### **DISCUSSION:**

- 1) Even though the sacraments are mysterious, what can we learn from them? (they put us in a covenant relationship with God. like the chains you just made they help connect us to God)
- 2) What are some ways that someone can be baptized? (sprinkle, pour, submersion)
- 3) Why is it important for Christians to be baptized? (b/c baptism is a symbol of God’s love, it claims us as God’s children for His purposes, not the world’s, etc.)
- 4) Have any of you been baptized and if so do you remember it? (If there are students that have not been baptized you may want to talk about ways they can be baptized on their Confirmation Day.)
- 5) Why is it important to celebrate communion? (b/c it 1.) reminds us of Christ’s suffering and allows us to take part in it, 2.) allows us to celebrate the hope of the resurrection, 3.) puts us in community with other Christians, and 4.) puts us in God’s holy presence and invites the Holy Spirit into our lives)
- 6) What are some of your thought/feelings about receiving the sacrament of communion; Is just ritual? Renewing? Boring? Not related to your life or Christian walk? Helpful in connecting you to the love of God? Explain.
- 7) If one has a hard time connecting with God during communion what might they do to better connect? (pray, consider how much they are loved by God since Christ was willing to die for each of us, consider how Christ nourishes your life and faith.)
- 8) Lots of people spend time in concentrated prayer before receiving communion. Do any of you pray before or during communion? Explain. What benefit might there be to doing that?
- 9) How can you show others the importance of the sacraments?

*\*Finish with anything else they’d like to discuss (Go the extra mile) and then close the class in prayer.*

**Bonus Information:** Dr. Thomas Bramwell Welch launched the processed fruit juice industry when he successfully pasteurized Concord grape juice to produce an “unfermented sacramental wine” for fellow church parishioners in Vineland, N.J.

Thomas Welch was a minister in the Methodist Episcopal Church and wanted to create a pure grape juice that could be used for the Lord’s Supper. Using grape juice, instead of wine, allowed children and those struggling with alcoholism to fully participate in communion.