

EAT THIS BREAD.
IT REPRESENTS MY
BODY, WHICH IS
BROKEN FOR YOU.

The Lord's Supper

Based on 1 Corinthians 11:23–26.

Earlier in the evening, on the same night that He was betrayed by Judas, Jesus wanted to have one last meal with His disciples, His close friends.

Jesus picked up the bread and thanked His Father for providing it. He then broke the bread and passed it to His disciples.

On an earlier occasion, Jesus had taught them, "My Father gives you the true bread from heaven. The bread of God is He who comes from heaven, and gives life to the world. I am the bread of life" (John 6:32–35, *paraphrased*).

Bread represents the food that we need for our physical bodies to be strong and healthy. Jesus (His life, death, and teachings) is God's bread that feeds our spirits—our minds and hearts.

When Jesus broke the bread, it showed how He was to suffer for our sakes.



Next Jesus picked up a cup of wine and took a drink from it.



When we eat bread and drink wine (or a juice substitute) like this with others, we remember the love and sacrifice Jesus made for us by dying on the cross. This ceremony is often referred to as celebrating the Lord's Supper, Holy Communion, or the Eucharist.

It is meant to be a beautiful time of remembering and honoring Jesus for all that He has sacrificed for us.



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