



Faith Adventures Youth Resource

Embedded in Faith Adventures: Children Together, this youth resource is intergenerational in nature and designed to foster God-connection in church, home and beyond.

For guidance on the purpose of the resource and how to use it as a launch pad for your engagement with children and families, please use this link:
<https://urc.org.uk/wp-content/uploads/2023/01/FACT-how-to-sheet.pdf>

Mark 14: 12-16, 22-24 The last supper

Theme: A meal to remember

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Introduction: What would be helpful to know before we begin?

The Passover meal is a very important meal for Jews today, as well as in the time of Jesus. It commemorates the night Moses led the Jewish people to freedom from slavery in Egypt as told in the Book of Exodus.

This final Passover meal which Jesus shared with his close friends has become known as the Last Supper – it was the last meal he shared with them before he was executed.

There are strict rules about what happens at a Passover meal and the preparation is very important. As faithful Jews, Jesus and his followers would want to make sure that they got the preparation right.

At the Last Supper Jesus changed the meaning of the meal. Instead of a lamb being sacrificed, Jesus told his followers that he would be sacrificed and told them that the bread and wine, important ingredients of the Passover meal, were like his body and blood and his friends should remember him when they eat bread and wine as part of the Passover meal.

This is why churches share bread and wine (or something similar) as part of communion services – to remember that Jesus sacrificed himself for us, just as Jews in Moses' time sacrificed a lamb so that they could be saved.

Together

Let's start our time with God and each other well

If used in a mixed-age group, then young people can support younger ones in using the gathering prayer in Faith Adventures: Children Together. If used in a youth group, you could use this opening prayer or encourage young people to open the session with a prayer of their own.

All mighty God,

Be with us as we learn more about you through stories and people in the Bible.

Help us to walk in your way and follow your path.

Be with us as we make decisions that affect our lives, and the lives of those around us.

Amen

In-person and online game

See this week's Faith Adventures : Children Together for suitable games for this theme.

Experience

Research different versions of this reading on <https://www.biblegateway.com/>
Recommended versions to try are NRSV, Easy-to-read, The Message, NIRV

Watch:

Explanation of communion by Kids on the move

<https://youtu.be/YEXdXbkXYks?si=ogJyhQkWokDjzB-y>

Remembrance by Matt Redman <https://youtu.be/9oCNwIA6xLc?si=2BeZRXC6yNXAynTF>

Questions for discussion:

- How does your church celebrate communion?
- Are you able to take part in communion?
- What does communion mean to you?

Explore

Ideas and activities to explore this week's Bible passage together

A new way to explore the theme

You may wish to use the explore section from this week's Faith Adventures: Children Together to guide your exploration of the theme this week.

Alternatively:

Share in a meal to remember together as for Fact.

Take some time to research and explore how other denominations share communion. Here is a useful website to start you off.

<https://www.bbc.co.uk/bitesize/guides/znqck2p/revision/4>

- How is communion shared in your church?
- Why do you think different denominations do things differently?
- What symbols are used?

Modern parables

This section includes references to TV programmes, films, books, TED talks, TikTok etc aimed at this age group that will have been widely seen, or where a clip is available to use as a stimulus for discussion. You may also enjoy the picture book recommended for Faith Adventures: Children Together and explore the relevance of the story to the theme of the session in more depth – young people and adults are often well tuned in to the deeper meanings in materials aimed at younger people and the authors are often very aware of the adults reading the books to or with younger ones.

In this week's passage, Jesus celebrates Passover with his disciples. They share food and stories to help remember the Israelites escaping from Egypt.



Clip from: *Dr Who – The Giggle*

https://youtu.be/G9QBP-FM_4E?si=tHMDhQyKvL-Lwfu4

Questions

- Who do you share celebration meals with? What kind of food do you eat?
- Which of your friends or family tell the best stories?

Talking together: Going deeper

- I wonder what you think about the bread and wine being described as being flesh and blood?
- I wonder why some churches do communion once a month but others might do it every week?

Conversation starters

- If you could invite someone from the bible to talk to who would you chose and why?
- I wonder why Jesus chose bread and wine and not something else as the special meal?
- Why did Jesus change the reason for having the Passover meal?

Express

How do we respond to what we've discussed and express our faith personally?

Praying together

Prayer Respond to the theme by writing or saying a short prayer. Alternatively use the creative prayer from Faith Adventures: Children Together for this session, or use the prayer activity below.

Alternatively light a candle and play some music while you listen and talk to God together.

Prayer with bread and juice

You will need a bread roll for each pair (be aware of any allergies and intolerances and choose the bread accordingly), a jug/jugs of juice for the group and an empty glass or drinking container for each participant.

Jesus, we remember all you have done for us.

When we eat bread, we remember you (*Break off a piece of bread for your partner and give it to them to eat*).

Bread is an everyday food – we remember that you are with us in the everyday (*Break off a piece of bread for your partner and give it to them to eat*).

Bread is a basic, no frills food – we remember your birth in a stable and the fact that you came for ordinary people (*Break off a piece of bread for your partner and give it to them to eat*).

Bread, and other staple foods such as rice, can be lifesaving foods – we remember that you came to give us life (*Break off a piece of bread for your partner and give it to them to eat*).

Jesus, we remember all you have done for us.

When we drink, we remember you (*pour a little juice into your neighbour's cup and pass the jug on for the next person to pour some into yours, and so on around the circle as you say these words*).

Without drink we couldn't survive – we remember that your death and resurrection mean death isn't the end for us.

Drink quenches our thirst – we remember how you said you were like living water.

When we all drink together, we remember you make us all one family (*All drink the juice at the same time*).

Jesus, we remember all you have done for us. Amen

Responding together

This is an opportunity for a social justice challenge, some research, craftivism, or a craft or STEM activity. You may have a specific activity chosen but free choice is also an option. Here are some suggestions for this week's theme. See Faith Adventures: Children Together for a craft and a STEM activity which may also be appropriate. Choose whatever will work best for your group.

Tablecloth Challenge

Setup a table with a range of different (non-breakable) items on top of a tablecloth. Challenge participants to pull the tablecloth out from underneath the items, without knocking over the items. Practice with different objects and varying amounts of items. (Tip – Ensure the tablecloth is smooth with no wrinkles. Grasp the tablecloth tightly in hands. Pull the tablecloth towards you and down in one fast movement.)

Challenge

Discipleship doesn't stop when you walk out of the church door – it is a part of everyday life. Take a challenge with you and try to make it part of your week.

You may think of your own suggestion of what you as an individual or a group might do in the coming week in response to what you have explored today? If not here are some suggestions:

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- Use one of the “conversation starter” questions or the question below to talk with someone of a different generation or from a different setting and share your questions, thoughts, insights together. **What do you do to remember Jesus?**
 - Research something suggested by JPIT, [Resources \(jpit.uk\)](https://www.jpit.uk) Commitment for Life [cforl.co.uk](https://www.cforl.co.uk)
 - Consider how you would like communion to take place in your church, write a paragraph which you could submit to your minister/ elder/ youth worker – explaining what your thoughts are and why you feel the way you do
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Thank you for exploring the **Mark** passage with us.

Please let us know what you liked or what you would find useful by emailing children.youth@urc.org.uk or by sharing it on https://bit.ly/FACT_FB