

June 10-16 Matthew 26; Mark 14; Luke 22; John 18 John 13-17

## "NOT AS I WILL, BUT AS THOU WILT"

1. How Good is My Memory? Game: Ask what the word "remember" means. Tell them we're going to play a game where they'll see how good they are at remembering stuff. Cut out the pictures and place them upside-down on the table. Tell them that they're going to have 30 seconds when you turn the pictures over to look at them and see if they can remember what the pictures were. Turn them over, give them 30 seconds (or more or less, depending on what it feels like they need ☺), then take the pieces away and ask what they can remember. Have them describe the pictures they can remember and see if they can remember them all. As they mention each picture, look at it and spend a little bit of time explaining what it is.
  - Help them see that all of these have to do with the sacrament. How often do we take the sacrament? How long ago was the first sacrament? What should it remind us of? Why should bread and water remind us of Jesus? Compare the bread/water from the Last Supper (the first sacrament) to our current bread/water.
  - Out of these pictures, which is the most important one to remember? (Jesus). Remind them that when we take the sacrament, it's supposed to help us remember Jesus.
2. Video: Show/discuss video "Always Remember Him" from the Church's website [https://www.churchofjesuschrist.org/media-library/video/2014-06-001-always-remember-him?lang=eng&\\_r=1](https://www.churchofjesuschrist.org/media-library/video/2014-06-001-always-remember-him?lang=eng&_r=1).
  - How can we remember Jesus? What are some things Jesus did that we can remember while we take the sacrament? Take some time sharing and reviewing stories we've learned about Jesus.
  - These other kid videos might be good to watch as well: [https://www.churchofjesuschrist.org/media-library/video/2010-11-53-chapter-49-the-first-sacrament?lang=eng&\\_r=1](https://www.churchofjesuschrist.org/media-library/video/2010-11-53-chapter-49-the-first-sacrament?lang=eng&_r=1) or <https://www.mormonchannel.org/watch/collection/childrens-bible-videos/sacrament> (maybe choose one or two of these to watch)
3. Flatbread while Reading Scriptures: Show them a piece of flatbread (you can get this from most grocery stores) and explain that the bread Jesus broke at the first sacrament looked kind of like this. Give everyone a piece to eat while we read/summarize/discuss the story of the first sacrament in Matthew 26:17-30. Talk about how cool it would have been to be there with Jesus during the first sacrament. Show them the picture of the Last Supper to look at while reading.
  - If you want to be fancy, you can follow directions found here to bring the story to life: <http://christianchildrensauthors.com/2012/04/05/the-last-supper-brought-to-life/>.
  - Read the scriptures for our current sacrament blessings (D & C 20:76-79). Discuss what they mean and compare them to the first sacrament.
4. Quiet Book: Print and set out the pages for the quiet book (the dotted border pages numbered #1-7). Have the kids put them in order (numbers on the bottom of the pages). Put them in sheet protectors and then place in a 3-ring binder or 3-prong folder. Discuss each one and depending on time/interest, do some of the activities. They can use dry erase markers (or the dry erase crayons from Amazon are our latest favorite thing) to draw on these. This can then be reused as a quiet book during sacrament each week.
  - The pages that I put here are mostly just things from *The Friend*. You can add additional pages by taking pages out of other Friend magazines. These websites also have tons of other cute printable pages: <https://www.livecrafteat.com/craft/make-your-own-kids-dry-erase-activity-book/> <http://www.alivelyhope.com/2014/04/jesus-christ-flipbook-free-quiet-book.html>
5. How Should I Behave in Sacrament Meeting? Show/discuss the "How Should I Behave in Sacrament Meeting" page. Talk about ways we can make our sacrament time more meaningful.
6. Rock Activity: (Jesus Helps Me): Give them an empty backpack. Have them put it on and ask if it's hard to carry. Then start putting large rocks into the bag to represent different sins we could make (being mean to others, hurting others, telling a lie, etc.). Keep going until it's too heavy to carry. Show the picture of Christ in

Gethsemane and talk about how what he went through makes it so that (if we repent), those things can be taken away. He can also help us when we're sad, hurt, or upset because He has felt all of the pain and sadness we'll ever feel. Take the rocks out and talk about how much better it feels.

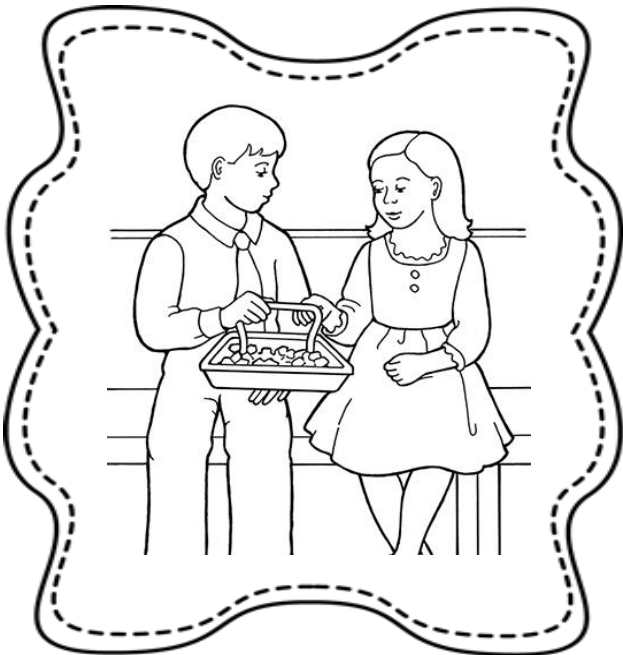
- Read/discuss the Gethsemane explanation from *The Friend*:  
<https://www.churchofjesuschrist.org/study/friend/2003/03/jesus-suffers-in-the-garden-of-gethsemane?lang=eng>
- Gethsemane Song: End with Gethsemane song/video (<https://www.churchofjesuschrist.org/media-library/video/2018-03-0020-gethsemane?lang=eng&r=1>). Remind them that what Jesus went through was harder than anything we can imagine, but He did it because He loves us and knew it had to be done to save us. Bear testimonies and encourage them to think of Christ as they take the sacrament each week.

7. Treat (Kit Kats): Talk about how KAT stands for some of the things in the sacrament prayer ("K" for Keep His Commandments, "A" for Always Remember Him, "T" for Take His Name Upon You). Take a little time explaining each one and then eat Kit Kats ☺. Printable posters/tags for this here:  
<https://strongarmor.blogspot.com/2013/11/baptism-talk-with-kit-kat-reminder.html>

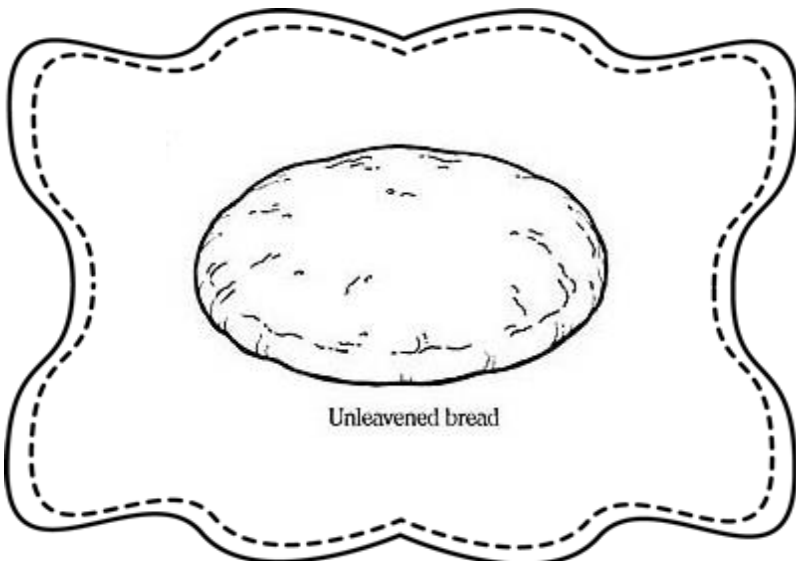
#### Additional Ideas:

- The Story of Jesus Booklet: <https://www.churchofjesuschrist.org/study/friend/2008/03/for-little-friends/the-story-of-jesus-christ?lang=eng> or <https://www.churchofjesuschrist.org/study/friend/1999/04/for-little-friends/my-story-of-jesus?lang=eng>
- Remembering Jesus During Sacrament Wheel: <https://www.churchofjesuschrist.org/study/friend/2007/06/for-little-friends/remember-jesus-christ-during-the-sacrament?lang=eng>
- Remembering Jesus Christ Frame:  
<https://www.churchofjesuschrist.org/bc/content/shared/content/images/gospel-library/magazine/liahonlp.nfo:o:b1.jpg>
- Sacrament Questions and Answers: <https://www.churchofjesuschrist.org/study/friend/2008/03/questions-and-answers-about-the-sacrament?lang=eng>

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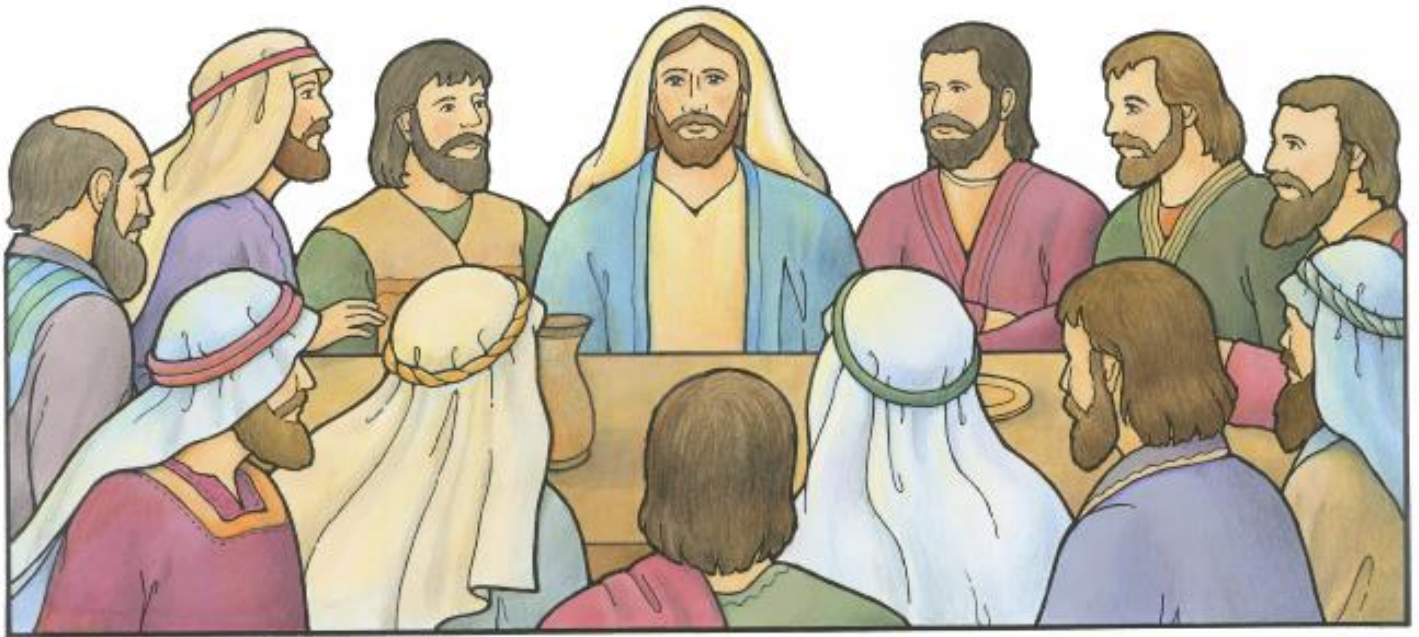


Sacrament cup



Unleavened bread

## The Last Supper:



Quiet Book: Print and set out the following pages for the quiet book (the dotted border pages numbered #1-7). Have the kids put them in order (numbers on the bottom of the pages). Put them in sheet protectors and then place in a 3-ring binder or 3-prong folder. Discuss each one and do some of the activities. They can use dry erase markers (or the dry erase crayons from Amazon are our latest favorite thing) to draw on these. This can then be reused as a quiet book during sacrament each week.

Other fun pages to print for quiet book:

Simple Maze:

[https://www.churchofjesuschrist.org/bc/content/shared/content/images/magazines/friend/2014/06/cami-goes-to-primary-friend\\_1246226\\_prt.pdf](https://www.churchofjesuschrist.org/bc/content/shared/content/images/magazines/friend/2014/06/cami-goes-to-primary-friend_1246226_prt.pdf)

Coloring Page: <http://media.ldscdn.org/pdf/magazines/friend-may-2018/2018-05-37-coloring-page-eng.pdf>

More Coloring Pages/Activities for Older Kids (scroll down to "Activities"):

<https://www.churchofjesuschrist.org/children/resources/topics/jesus-christ?lang=eng#activities>

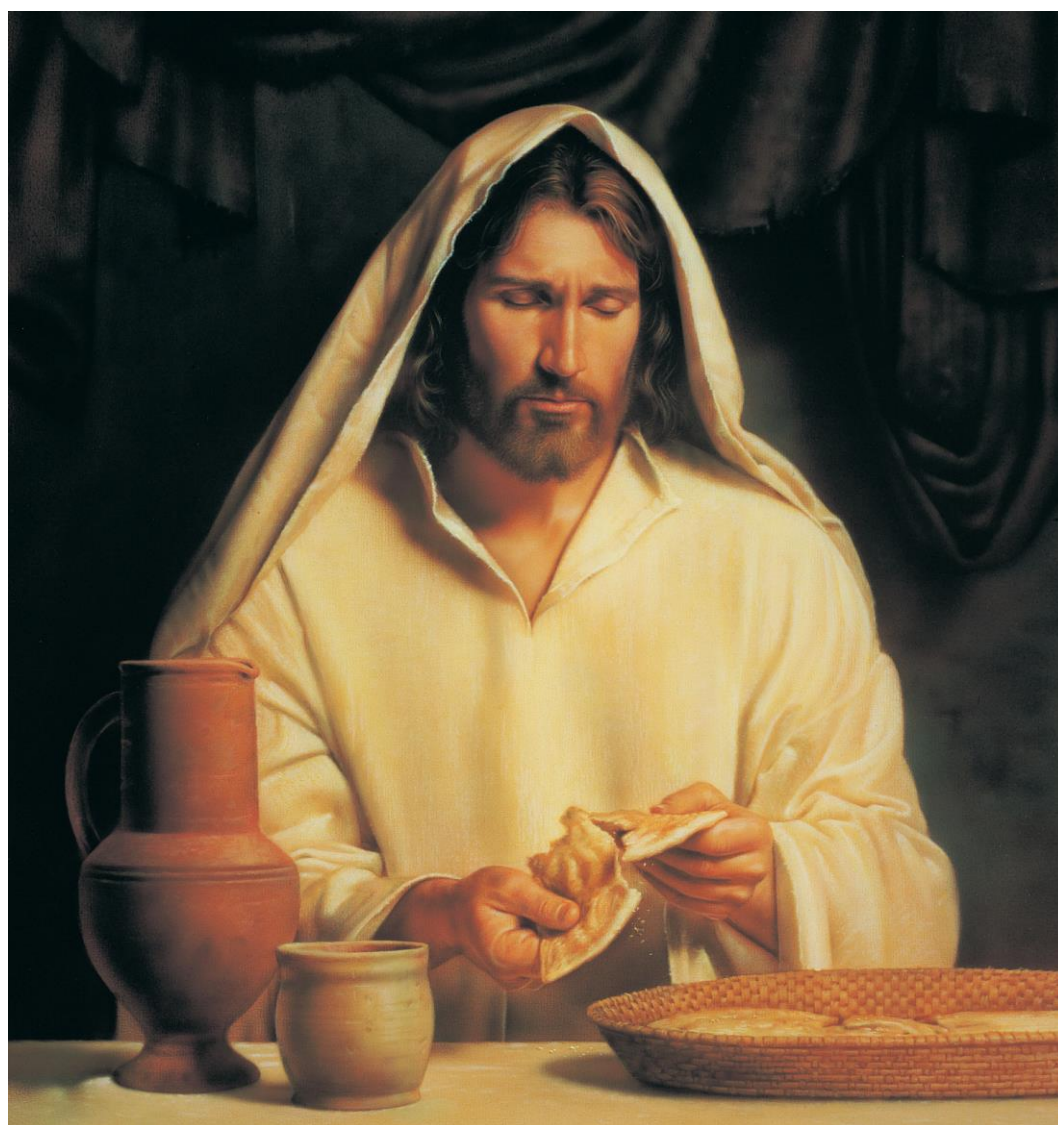
<http://bugaboominimrme.blogspot.com/2010/05/next-einstein.html>

TONS of other printable dry erase activity pages: <https://www.livecrafteat.com/craft/make-your-own-kids-dry-erase-activity-book/>

More sheets: <http://www.alivelyhope.com/2014/04/jesus-christ-flipbook-free-quiet-book.html>



The Sacrament is a Time  
to Remember  
JESUS



**Draw pictures of each description in the boxes**

# THE SACRAMENT



Quietly I eat the bread



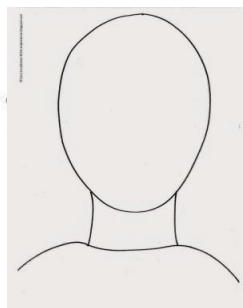
and drink the water too.



I fold my arms



and think of Jesus—

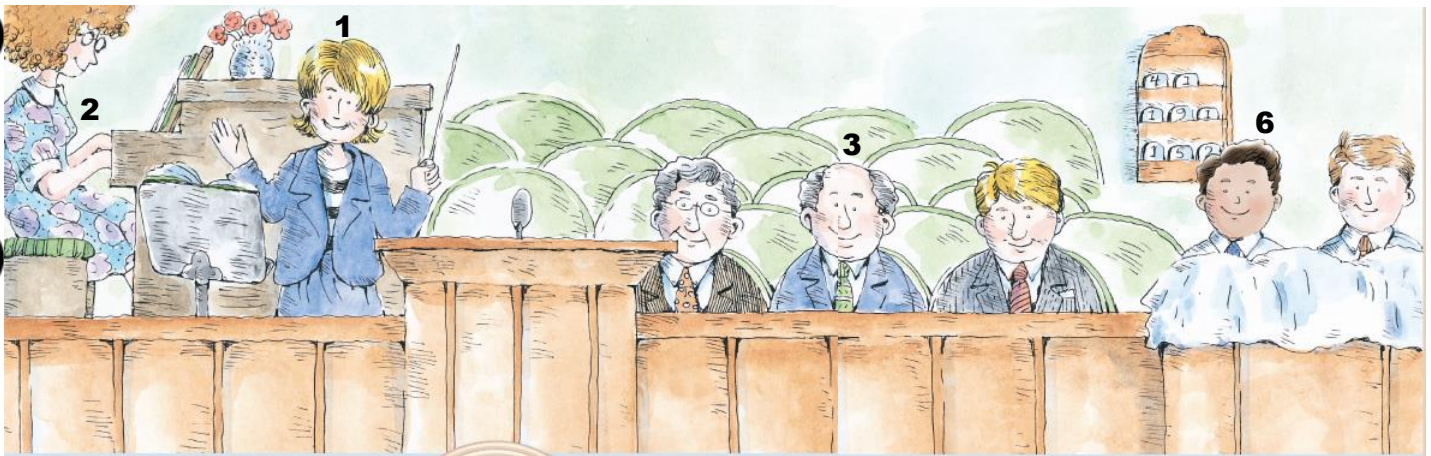


That's what I should do.

THE FRIEND—FEBRUARY 1895



Draw lines to match the numbers on the bottom with the top pictures.



# Sacrament Time



Read the descriptions of the people who help make sacrament time reverent.

Can you point to the pictures that match each person's description?

Do you know the names of the people in your ward or branch who do these things?



On a separate piece of white paper, draw a picture of yourself sitting reverently during sacrament meeting. Then carefully cut it out and glue it in this space.

**1** I am the music director. I lead us as we sing the sacrament hymn. The sacred music helps everyone in the chapel think about Jesus.

**4** I am a deacon in the Aaronic Priesthood. After the sacrament prayer, I reverently take a sacrament tray to pass to Church members in the congregation.

**2** I am the organist or pianist. I practice very hard so that I can play the sacrament hymn well.

**5** I am a teacher in the Aaronic Priesthood. I come early to put water in the sacrament cups and bread on the trays.

**3** I am the bishop. When the priest offers the sacrament prayers, I listen carefully to make sure that the prayers are said correctly.

**6** I am a priest in the Aaronic Priesthood. I break the bread into pieces, and I kneel and say the sacrament prayer.

**7** One other person makes sacrament time special. Can you guess? That's right—it's you! You can sit reverently with quiet feet and folded arms. You can think about Jesus and the covenants you have made, or will make, at baptism. You may want to read scriptures or the words of the hymns. When the sacrament is passed to you, you can take it and pass the tray carefully to the next person. You are a very important part of sacrament time.

# The Savior Suffered For Me in Gethsemane Because He Loves Me

Matthew 26:36-46





Jesus taught the Nephites about the **sacrament** and how to prepare and bless it. Color the people partaking of (eating) the bread.



3 Nephi 18

26



Why did Jesus ask the people to remember His body and blood?

## A SPECIAL TIME TO THINK ABOUT JESUS CHRIST

Sacrament meeting is a special time to sit quietly and think about the Savior.



Jesus was baptized in the river Jordan.



Jesus healed people.



Jesus loved the children.



Jesus suffered and died so we can repent.



Jesus rose again on Easter morning.



Draw or  
paste a  
picture of  
yourself  
here.

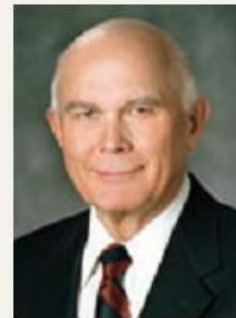
Because of Jesus, I will live again too!

Draw a Picture of Your  
Favorite Story About  
**JESUS**



# How should I behave in sacrament meeting?

We are seated well before the meeting begins.



Elder Dallin H. Oaks of the Quorum of the Twelve Apostles shares some of his thoughts on this subject.



Sacrament meeting is not a time for whispered conversations on cell phones or for texting.

During sacrament meeting—and especially during the sacrament service—we should concentrate on worship and refrain from all other activities.



How wonderful when every person in attendance joins in the worship of singing—especially in the hymn that helps us prepare to partake of the sacrament.